HEAVEN WITH HATHORS

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I dedicate this book to:

All who promote oneness
and who give it their all
to manifest the new reality.

Special thanks to all, who have contributed
to the realization of this book.

Lia-Ariël

HEAVEN
IS
A
STATE OF MIND

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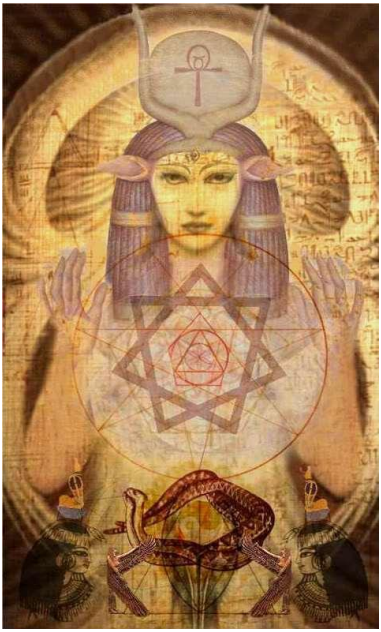
Part 1



Who are the Hathors

The Hathors lived on this planet Earth thousands of years ago. Loving beings in origin, who have also lived on other planets.
As they have resided on Earth, they are familiar with our third dimensional energy of free will, duality, linear time et cetera. During their time on Earth they remained closely connected to their brothers and sisters in other constellations. In those days they have mainly built on a feminine culture with a matriarchal[1] structure and they lived at a high level of love, compassion and peace.
They were equally closely connected to the Goddess of fertility and love, called Hathor. Through their bodies they brought the powerful feminine Goddess energy onto the Earth. This energy provided a peaceful rule, feelings of love and a vast empathy. They were extremely focussed on fertility rituals and in these rituals sexuality played a role for it being the Divine act of creation.
Their vision is that the vibrations of music are healing and therefore they worked with sounds and colours; they used these to keep their nation healthy.
The Hathors have distinct features. They were very tall and their heads were wide with big pointy ears.
When the pharaohs took control of Egypt, the country shifted back to patriarchal[2] rule. They had no respect for the Hathor race. The Egyptian

[1] When women rule, and men or male energy play a secondary role. Characteristics of a matriarchal rule are an administration based on female qualities, like love and compassion, with attention for growth and less for power.

[2] When men rule and women are in a secondary role. A patriarchal administration is often characterized by a lot of power and aggression, which not seldomly results in war or other forms of violence.

people have never truly accepted the Hathors as the highly evolved beings they are.
The Hathors have ascended thousands of years ago and live at present interdimensional, including on the planet Venus. After the Hathors had left this planet through ascension[3], most of the beautiful big statues they had left behind in Egypt, have unfortunately been destroyed. These statues were the only remaining proof of their presence on Earth, which was based around Dendera in the South of Egypt. Of the statues left in Egypt, only few are undamaged; most have been beheaded.
Even though the Hathors are no longer physically present on Earth, they are still connected to us. In fact they are Ascended Masters and they feel they have the role to support the ascension of Earth and her inhabitants to a new reality of raised frequency. They do this in a loving way, without imposing themselves. Yet, they like to connect with us, so they can share about their experiences of building a new world. They also make the effort to hand us information for the next steps in our ascension process. We can learn a lot from them and they too will, through the evolution process of the Earth, evolve in the larger Cosmic Plan.
Their loving energy is extremely powerful and at times overwhelming; the energy is very tangible when working with them. They also bring the sounds of music into our lives; music as being the rhythm of the creation. Their vision is that music and sounds bring us fraternization, which contributes to a speeding up of the unification.
We all grow to the point in time, where we are able to take a big leap forward in our evolution, together with our planet Earth; and the Hathors support us. Their support stems from compassion and love and from an abundance of experiences, which they like to share with us. All for our highest good.

[3] When your soul has completed the Earthly lessons, you can make the way up to Source. This allows you to rise above your ego and to reach a higher light frequency. Now, in the final stages of the big experiment on Earth, everyone is given the chance to ascend while staying in the own physical body.

Preface

It was on 10 January 2013, around seven o'clock in the morning - I was still half asleep - when the Hathors paid me a visit, through a for me already familiar voice. I felt very peaceful and it was as if I had long expected to hear this voice, my heart leapt… the Hathors.
The calm voice asked me if I once again wanted to collaborate with them on a new book, which had to be written by me. I had expected this question to be asked already in the past couple of years, but it had long remained silent. The Hathors did not frequently contact me after the writing of the book Healing with Hathors. In fact, I had resigned to our collaboration maybe having been a one-off. It had back then been a dazzling adventure, as it had offered me a huge process of growth.
To hear this voice again with their request, made me feel warm and happy deep inside. The voice made it clear that our collaboration would impact my everyday life, which I already knew from the previous time. After all I would have to undergo things or better said experiences, to be able to voice their words.
When I ask them about the topic, I hear 'dealing with the new energy and expansion of the field'.
All the same a question arises: 'but why only now, why not sooner?' Now we all have already moved into the new energy on 21 December 2012. Why only now? Hadn't I maybe been able to support all of you readers much sooner with their knowledge? Let's be honest, before this book is finished we may again be much further in time.
Their answer is a tangible smile and they bring to my attention that I can only now write it, because I was earlier not able to look beyond 21 December 2012.
'But you could, couldn't you?', I reply witty.
'Lieve[4], you could not yet comprehend our words', is their answer.

[4] Lieve is a girl's name in Belgium, meaning Dear.

I feel it to be true and I am talking with them as if they are sitting next to me. We agreed on them handing me the topics related to their messages, so that I could live and feel through each of them, before receiving the text for the new book.

And that's why, dear readers, I can again pass on the messages of the Hathors to you. Like last time they instantly hand me the book title: Heaven with Hathors. A title which makes me feel happy.
Will you join me on a journey through the new world? This is an assistance of our dear brothers and sisters, who again share insights and wisdom with us. It will be an inner journey, full of adventures.
'The book will be much lighter', they clearly tell me.
Are you just as excited as I am? I am bursting with impatience and expectation. By going through new experiences, which are handed to me, and by sharing about it, I hope to serve all of you, humanity, to help design the new world.

You are the one deciding how profound your inner journey with the Hathors is going to be. Do it with love and joy.

Lia-Ariël

Preface of the Hathors

Our messenger, by you known as Ariël, is known to us as our sister and we call her Lieve. She has again agreed to collaborating with us.
We have had to make all kinds of plans to provide her with information in the years past. It would have been much easier if she had travelled to Egypt to collect information at our temples, prior to the writing of this book. However, that was not possible; she had good reasons not to travel. Energetically she has travelled there during the nights and the rest of the information was brought to her. Seven people, who have recently visited Egypt, have in the past few months had the honour to bring information and especially the energies of Egypt to her. All these Egypt visitors were, just like her, from the past connected to the Hathor energy.
This all worked out very well, not in the last place because our messenger soon understood that it was a rather unusual coincidence that so many people crossed her path, who had recently returned from the temples in Egypt.
One of the most recent energy exchanges with an Egypt visitor was the most profound one, as she received a download of information about the energy of the heaven bearer. An image of the Goddess Nut with the arms up, on the inside of the cover of a sarcophagus discovered at the Karnak temple, brought her the right energy and information. This heaven bearer, connected to the energy of the Goddess Nut, transferred codes[5] to Lieve, which are holding profound knowledge about the stars and

[5] A form of energy for example put into a creation. This code (energetic file) contains an assignment or a vibrational level, through which you can start to remember certain things. Most often it is meant as support or as a reminder to help you on your life's path.

planets, about working with the energies of deceased ones, entities[6] and elementals[7].
Our messenger is herself connected to the energy of the heaven bearers, but she first had to become aware of this, before being able to unravel the information. This will be of importance for the writing of this book.
We are on schedule with regard to our information for you, dear brothers and sisters. Again it was in agreement with you that we come and support you with this information for your process. With your process we mean your life on Earth during the transition to the new world.
We can warmly congratulate you with the transition, which has been started after 12 December 2012, and which built around 21 December 2012 to a powerful energetic field. An entirely new field, where you, who are reading this, are now residing. This profound influx of energy has touched everyone, yet only a small part of humanity has been able to reach a transition to the fifth dimension. In fact, for many of you, the transition is now complete. The rest of you, will soon be able to make a softer transition. The impact will certainly be felt.

[6] Entities are souls residing in an in-between world of the Earth, probably in a layer of the fourth dimension. This dimension is still connected to the Earth. These entities are in a way stuck between two dimensions and can due to certain circumstances not reach the light. Therefore they are wandering till someone frees them and shows them the way to the Light.

[7] Elementals are inhabitants of the natural worlds, which exist parallel to the human world. They are only visible for the etherical eye, which in the future will be functioning for ever more people from birth. They are nature spirits or dwarfs. They are far from fantasy, but are instead an important part of our evolutionary powers on this planet, essential for the existence of humans.

The title of this book ‘Heaven with Hathors’ is a good fit. Your heaven on Earth can now be fully designed, and of course you will do this yourself. We will only assist you, when you allow us to.
As we have noticed that many of you have positively perceived and received the first book, we trust that you will also recognize and acknowledge this continuation as serving information.
We want to point out that you need to check all you read with your own discernment, from your hearts.

With joy and fulfilment,

The Hathors

Chapter 1
New birth

Greetings to all. This is a re-union between you and us. You, who call us Hathors. We come to you at the time in your life, when you may need us. The last time you could read our messages, it had been written before the transition, which happened between 12 and 21 December 2012. The build-up of new energy still continues, as you know. The texts from Healing with Hathors are still very current. All, who read or have read these messages, can now read the content with renewed eyes, in the new energy.

Yes, you read that right.

It is an honour for us, to greet you in a state of being, which is a step closer to us. We can now ever easier connect with you. That said, it is rather strange to us, to still see you struggle along in the old energy. Honestly, we are poking fun at you a bit, but it is true. Most of you pretend to still be living in the third dimension of being, living your life in the old ways. This is similar to your deceased Earth residents, who died unexpectedly, continuing their everyday actions on Earth, like before they passed over. They notice that others can no more see them, but okay, they just sit down in front of the TV, worry about their family or money, just like before.

Yes, dear people, you too continue all of your third dimensional games, even though you do realize every now and then that things work a bit differently as before.

Trust us, we know exactly how you are feeling at present. Some are rather confused, also disappointed because what was promised to you, does not seem to become true. Many feel a heaviness on your shoulders, which pushes you down rather than lifting you up, whereas the latter was what you would like to experience.

With some of you we see that your auras have shrunk, like you are sitting in a vacuum, feeling short of breath. As if you are born into a new world, but still in the closed membranes of the womb; quite uncomfortable.
You are functioning on a low level and you feel fearful and anxious. The waters have not yet broken and you are seeing the world as a blurred image, as the membranes are still before your eyes.
"And now what", you wonder, "what is happening now?"
You have no freedom of movement, feel imprisoned, anxious and above all very fearful; you are super vulnerable in this position. You are already having a big task just regulating your breath, digesting your food and transforming your fears. And so tired, many of you are so tired, and you truly don't understand the reason. You function on a reduced level, but listen dear brothers and sisters, this is important, it has been created this way for you. This is needed to acclimatize in the new world of being. You cannot expect to be born into a new world and to instantly function on an adult level. Compare it to the birth of a child in the third dimensional energy: here too you need time to grow from baby to adult. We therefore advise you, to develop surrender and patience and to trust that you were born in the fifth dimension of being, and that you need time to adapt. Surrender to where you are now. Surrender to what you can now handle. Surrender to the new world, so that you can slowly get used to the energy, the new laws and the new powers.
Don't panic, dear ones, pay attention to your breath, breathe consciously, calmly and with full surrender, while letting go of all your thoughts. Pay attention to your thoughts. Are you still thinking the old way? It is no more working as before, so pause your thoughts for a moment and see what happens. Relaxation now enters your bodies and spirit. The cramps slowly ease. Rest, yes, take rest, as long as you can. Trust us, soon you would like to be able to return to this level and this rest; after all there is a lot of work awaiting you.
In this time of rest, much of the third dimension will have to be released. This is merely related to traumas and emotions, which you have tried to

clear out before. Maybe you could not yet clear out the deeper levels, as the time was not yet right. Many old traumas are standing in the way of truly embracing your potential in the new world. These traumas, collected in many lifetimes on Earth, are for many stored in deep layers. The pain and sorrow are intensified by all kinds of old beliefs, programming and dilemmas. These can much easier be dismantled and dissolved in the new world, but still you will have to give it attention.
As this is different for everyone, this phase can take longer for one person than it will for another. We hear you sigh, more clearing, and we have already spent so much time on it. Dear humans don't perceive it as heavy, it is no more the same process as in the old energy. You are being handed the tools to do this. Each of you is handed the tools, best fitting your situation. Some will do body work with guidance, because when you connect to your body, you experience where there is still hidden pain and blockages and where the body cannot yet function fully free.
Others can just go to sleep and will sleep through the processes, after all at this new level the body knows best what the human needs. Also, there are important spots in the body, which want to function on a newer, higher and more efficient level.
Intention is a very important thing for the rest of the journey through the fifth and higher dimensions. Through your intentions, you will be able to realize everything you want. Intention firstly comes to you through your soul energy, which signals a longing of what is needed to be able to function on a soul level. If you ignore these promptings of your soul, it will be difficult to function in the fifth dimension. Your soul decides your intentions, and your will and will power bring it to your body and spirit to create it and to pull it to you through the power of thoughts. Therefore, be ultra-alert to the intentions you are sending out; closely follow your feelings. Because, if one thing has changed in the new energy, it is that there is no more room for your ego and for your ego-based will. Yes, you read that right, the ego may now truly be

subordinate to your soul. The ego is still loaded with old fears, old memories and old alertness, summoning you for all what is new.
Yes, your ego has served you well in the old energy, where it was disconnected from your soul, based on the rule that everything had to be dual. This separation of the ego or the personality, has created much internal conflict. This served to survive, to take the right steps in times of danger and to protect yourself in case of need.
The ego is connected to the spirit and your spirit was constantly busy thinking of dangers, and kept itself busy with other themes of separation, that had to be kept in place. Themes like rich and poor, power and powerlessness, peace and war, chance and bad luck et cetera.
Your soul is solely connected to your heart and to love. Now it is time for your ego to merge with heart and soul. Soul and ego are now one.
This may seem confusing to you, therefore we pay more attention to this in the next chapter.

Chapter 2
Unifying

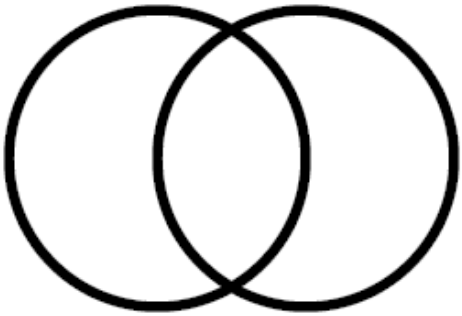
Well, well, we hear you think, I have already worked so hard on the letting go of my ego personality. We ask you: How are you doing on an inner level? Do you still talk to yourself? Is the one energy still talking to the other energy within you? Does your personality still talk with your soul or vice versa, your soul with your ego? Or, if a thought arises, do you still come up with a thought to put in front of it? Are you still busy with this inner communication?
Here in the fifth dimension of being, where you reside now, everything has been brought back to the oneness. There is no more need for duality-based experiences. It is of course still possible to have them and if you wish so, you can continue having them. After all you do have free choice. What we like to point out, is that new possibilities arise in this new world and that duality is simply an option. And you can choose to leave it behind. Also this duality within you, the inner talks you would have in the past on the level of soul and ego, can be surpassed.

Soul and ego are now one, and that leads to rest within yourself.

We like to remind you, that after having done things a certain way for years and years, you now have the chance to do it differently. It is quite understandable that you do not yet fully understand this, but the new can now be experienced and applied.
Don't be ashamed for having continued the inner dialogue. It is not something to blame yourself for. But allow us, to remind you with love, that it is no longer necessary.
If you wish to experience more oneness within, then embrace your soul and embrace your ego and see them merge into one.

You may have to do this multiple times a day, embracing your soul and your ego or personality. Both belong to you. See it, how they are again being merged to one. This soul-body fusion is gaining more and more attention in the new reality and we notice that for many of you it is ever more part of your new field.
All the new, starts with recognizing the new thought and with acknowledging it. The inner embracing of the new follows, and then the intention to program or install it within you.

We like to refer to the Visica Pisces, an important code. These are the first two circles of the Sacred Geometry. They can be found in everything here on Earth. For example in the split up of the first egg-cell. It symbolizes the return to Oneness.



Visica Pisces
Figure 1

One circle symbolizes your personality/body and the other one your soul. The area created by the overlapping circles is the oneness of soul and ego.
We like to mention that every subject, which is divided in two opposing components, can be unified this way. Poor and rich are in the middle brought back to oneness and the energy of satisfaction. Power and powerlessness are in the middle brought to oneness, bringing forth the

energy of equality. Love and fear are brought to oneness in the middle, bringing forth the energy of unconditional love et cetera.
The form you see in the middle of figure 1, and here below in figure 2, is important for you and helps you to be in oneness. If you feel like it, you can carry this symbol with you, for instance in the form of a crystal. Or imagine this form energetically standing around your body. This makes it more easy to anchor the frequency of this form within you.

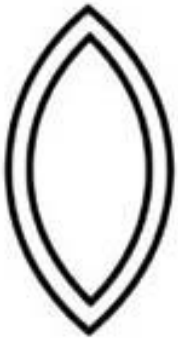


Figure 2

Through the oneness of ego-body and soul, the dialogue or dualistic way of thinking within you stops. Do it with love from your heart. Send your heart energy to it and let it happen with the intention of decisiveness. And then realize the impact of this pointy being within yourself. This is what is called the experience of enlightenment within yourself; the stepping out of duality, back into the oneness-experience.
Dear people if you ever experience that you fall back into the old ways of doing, reconnect with your heart, and bring - with all your self-love - your personality and your soul back together in the oneness-experience. Once you feel how calm this feels and how peaceful you are, you quickly reach the zero-point energy within yourself. This is the lack of thoughts and living in the now moment. This absence of thoughts may need some

practise. May we remind you to be kind to yourself, to be gentle with yourself, like you are loving and gentle towards a baby.
We see you, who are often tough on yourself, and are aware that this gentleness may be new for many of you. It is connected to trust. Trust that you are perfect as you are, that you are in the right place at the right time. Allow yourself to surrender to this, surrender to the Divine in you, surrender to the Divine plan. After all you are already in the 'new energy of being'. Even if it feels confusing and chaotic, even if you feel fearful over not yet knowing everything and over things functioning differently than before, realize that you may let go. You are being taken care of, trust this.
When you were born as a baby in the third dimension, you also felt so vulnerable. So small and so fearful, not knowing how everything should be going. But you were given a father and a mother to look after you and to protect you.
This time it is the same, now too 'fathers and mothers', in the form of guides, are with you to protect you and to help you find your way in the new dimension. So, if you dare, trust, surrender and open up to the new. The new is special and can fully be experienced once you open up to it. It does not have to be based on the old. That would just be more of the old with a new flavour. Like eating old bread with a new kind of topping. It is still old bread. No, something entirely new is coming your way. No more old bread, but something much more tasty, all new and surprising.

We will give you another example:
Imagine you are going to create a garden. You are given the opportunity to do it entirely to your liking. You can even decide the size. If your ego is still fearful and separate from your soul it may notice that everything now works differently and it may want to hold onto what it has known for so many years. In such a case we foresee that your fifth dimension will not look much different than what you know from the third dimensional world. Because, if you feel unfree, fearful, stressed and as if

someone is watching your every movement, it is likely that your new garden will very much look like your old one. It may even be in the same spot and with the same trees and flowers. Is that what you want?

Imagine your ego body having been merged into oneness with your soul energy, and this oneness providing peace and love within your heart. Even if you still feel that everything is new and unknown, you can entirely open yourself up to it. Spread your arms and feel free to create in the new energy, without fear and with love, without limitations and free…
We then predict a lot of new marvellous gardens in amazing places and with the most beautiful colours and lovely smelling flowers, with dancing elves and butterflies. And this is only an example of a garden. Extend this to the many other aspects of your life. We notice in your energy that you start to understand the grandeur of this energy and the opportunities it creates for you. And this may sound strange to you, but this is what we are looking forward to, together with you. Why? Because we want to awaken and trigger this energy of creation within you. It is important to use the energy of creation, magic and amazement with light-heartedness and carefreeness, to discover that you can truly do magic.
Never again eating old bread.
Never again returning to an old world, which you may leave behind.
Never again being in the energy of duality.
Never again being in the energy of restrictedness.
Never again being in the energy of disrespect.
Never again being in the energy of powerlessness, dissatisfaction, danger, hypocrisy, fear, greed and destruction.
Step out of it, you are allowed to. Can you see how important it is to consciously unify your ego with your soul? We would love to help you with this. Simply allow us in. See how you realize oneness within yourself, simply by seeing all of you.

Stand in front of a mirror, look at yourself in the mirror and feel how you become light. Let the light flow from you into all directions. Also from the soles of your feet and from the from the top of your head. And if this resonates with you, say:

I am whole

Body and spirit are whole

Heart and mind are whole

Ego and soul are whole

I am whole

I breathe in God

I breathe in wholeness

I am whole

Hathors

Chapter 3
The area around your solar plexus

We talked about your new birth and we wish to amplify an aspect. For this we go back to the birth of a child, like all of you were born on Earth. You know that as babies in the womb you were fed through the umbilical cord. After birth the umbilical cord is cut. This is both in the physical aspect as symbolically a very important moment. From that moment on you are in a way on your own. You need to start breathing yourself and you need to take in food. Breathing and digesting are two important items and conditions to survive on your planet.
The area around the navel is also called Hara, an energetically important area of your third chakra[8], which represents your own power. Energetically a silver cord connects you from your navel to the cosmos. This cord assures your connection with your soul and with Source. However, this area around your navel has an even more profound meaning. It connects you to other dimensions and worlds, serving as an energetic gate. Many of you intuitively know that your navel - the part which you can see - is very important and subconsciously you protect this part of your body.
We invite you to join us in an exercise around this part of your belly, approximately situated in the center of your body, see it as a kind of gate.

[8] Chakras are a kind of energetic points on your energy body. Seven of them are known: root chakra, sacral chakra, solar plexus chakra, heart chakra, throat chakra, third eye chakra and crown chakra. Chakras are connected to the meridians, which are energetic lines in the body, transporting energy through the entire body.

Meditation:
Place your hands on your belly at the area of your navel. Know that your silver cord is attached there, and that through this you are safe, wherever you go.
If you wish to you can listen to relaxing meditation music, bringing you closer to yourself.
Take your time to fully relax, to forget about your surroundings and to connect with yourself.
You could just as well reside on another planet, as your surroundings are of none importance now. You focus on your navel area and on the calmness within yourself.
After a while you imagine your hands sinking through your belly and you notice that your hands can sink quite deep.
Now let your arms sink too, and the rest of your body sinks as well through your belly into a new world.
You feel that you enter an energy yet unknown to you.
There is no water surrounding you, but also no air.
You have entered a kind of syrup-like energy, in which you can breathe normally.
You have entered a kind of sea and need some time to see what is around you.
Probably you have a feeling that you know where you want to go and soon you find yourself washing ashore on a beach.
You decide what you see or do there.
Maybe you first want to explore the beach. Do you find any shells? Do you see animals? Is there a beach house? Do you meet anyone?
Feel if this world resonates to you; don't stay too long on your first trip here.
Return to your special sea and continue to breathe through the special energy, which may feel syrupy.
Reach with your arms and hands to your navel and find yourself back in your world on planet Earth.

With this we wish to slowly prepare you for the time of exploring the many other worlds that exist as well. We also want to give you the experience that it is not difficult, but in fact very natural. You are always the one deciding where to go, what to see, how you feel et cetera.
Later on you can return to that specific energetic spot behind your navel to, for example, build your energetic house, to furnish it, to receive visitors or to prepare your own energetic health drinks, which you drink there. You can prepare your own ointments or have elemental beings prepare a drink for you for your healing.
You can have the most beautiful meetings with souls you know from here or souls of people who have passed over or live in other worlds.
This can be truly profound and you decide till what extend you want to go. After all you are energetic beings, so think out of the matrix[9]. This way you experience your own creator power, which is closely connected to your own power and power center, near your navel. Through your navel and your higher chakras you are in fact connected to all what is.

When people die in the so-called old world, their soul leaves the physical body and the silver cord is disconnected from the body. This is to assure that you can find your way back home and take all of your energy to your next place. This disconnects your soul from the earthly life lived in that specific physical body. Sometimes this disconnection process can take a couple of days to prevent it from being too abrupt for your soul.

[9] The matrix is kind of a grid in which we, as inhabitants of the old earth, reside. Those, who reside within this grid, are through this grid connected to all the rules and agreements with regard to the third dimension. Thus it is possible to fully enter the earthly game as being the only reality. If you wish to ascend from this grid, while keeping body and spirit, you in a way have to make your way beyond the gate keepers of the grid. This bring up all kinds of fears, old pain, sorrow, shame et cetera. As a result some who wish to enter the new reality, may face falling back and giving up courage. However, once you realize it is all an illusion, you will be able to travel through faster.

When you ascend it is in a way as dying while keeping your body. This is something which many of you already experience. You stay connected to your umbilical cord, the silver cord, and connected with body and soul, while entering a higher vibrational frequency[10]. This way you keep your memories of your old life and for some of you it looks like you are still in your old life. However, it is as if you have reincarnated in the same body, so that you do not have to go through the entire growth process from fetus to child, being born and learning to speak, walk et cetera. You stay in your own fully grown body, yet with a higher consciousness. And this comes with entirely new knowledge, as your blueprint[11] has also been upgraded. This means that your birth chart has been lifted to a higher level and that you will deal with the energies in your birth chart in a new way. However, this is only possible if you know this. You may realize this with your upgraded consciousness in your upgraded soul matrix. You are given new assignments in this new life, based on a higher level of functioning. You yourself choose this, you decide yourself, you decided in consultation with the Divine power. You choose your assignment for your own highest good and for the highest good of your surroundings and the world you reside in.

[10] Everything is energy and every energy has a specific frequency. Wealth, love and beauty are higher energetic frequencies. Fear, poverty and sorrow are lower frequencies. Frequencies can be measured with certain devices, designed for this purpose. Everything exists of vibration and everyone has its own specific vibrational frequency. You could call this Hertz. In this time of transition to the new earth all vibrational frequencies are rising under influence of the increasing light influx via the sun to the Earth.

[11] This is kind of a pre-programmed energetic field, which in a way gives a certain direction to your life. It is connected to your energetic body and also determines your character structure, experiences, lessons, the role in life et cetera. The soul decides how to handle it. Earth too has her own blueprint.

When you learn to install and manage your new energetic fields, and connect your fields with one another, your new world will be born ever more clearly and more visible for you, as it will start to manifest outside of yourself as well. This will be the place of residence, where you can optimally move and manage and where you are protected. A world which will become more real to you than the thinning third dimensional world you are leaving behind.

It was our pleasure to hand this chapter to you. We feel that you are ready to start working with it, to start exploring and experimenting. Needless to say that you first have to increase your energy before you can work with the new fields and the new world. Therefore working in line with your higher chakras is essential for this process.
You of course attract what resonates with your frequency, related to the quantity of love and light you can anchor within yourself through the connection with Source.
We like to mention again that you are masters and that you will notice how wonderful it is to be allowed and capable of creating. We now address the God in you.
Create in love and peace, for the highest good of yourself, your surroundings and the cosmos. In every minute be aware of your heart energy, smile in your heart and let this smile shine out through your entire being. Feel and be aware of all your blessings, and realize that it is you, you have been waiting for.

I smile with my mouth,
I smile with my face,
I am pulled in
with love,
with a smile in my heart.
I know that every cell in me
can experience this smile.
I close my eyes in silence
and sigh.

Hathors

Chapter 4
Your new body

Dear brothers and sisters, your new birth comes with a new world and a renewed body, adapted to the new reality. We would like to talk about this in more detail.
Ask for the highest energy you can handle, to come to you in this moment. Surround yourself with the highest light, for your own highest good and the highest good of your surroundings.
Even though you know that there still is a lot of darkness around you, be aware that you no more have to be part of it. Realize that you are protected and know that you are finally becoming who you truly are. A magnificent being, which came to Earth with an assignment and which can now continue this assignment from a higher perspective.
Yes, look around you and notice how many are still playing the old game of pride and doom, the game of greed, war and power. Many suffer from this. See how some keep this game going for their own ego-pleasure, which cannot live without the wealth of gold, money, power and oppression. Know that they are being halted. Also know that you can contribute to stopping them, simply by shining your light. Observe it around you, without being part of it. See it as events from another world and shift your attention to yourself, focus on the new reality. You who now resides in the new energy, and who sometimes seems not yet aware of it, because all seems to be continuing. Seems… dear people, seems…
You are now living in the age of Aquarius. The age of Pisces energy has ended. The old energy is finished, ended, the past.
The people who still wish to quench themselves on this old energy, will end up in the lower frequencies of the age of Pisces, suffering, chaos, deception, the hidden enemy, respectless people, religion, lower sexual desires and the religion of money.

We understand your sorrow when seeing this. Be strong and know deep within that you are the kind-hearted, inheriting the Earth. You are the ones, who can shift your energy to the oneness energy of the age of Aquarius. It now is about shaping these new energies; you are the reformers, the visionaries for the new world. You are the creators through brother- and sisterhood, who will live in a world of freedom, peace and equality.

Where to start with? Start always with what is closest to you, start within you. Let your body slowly get used to the raised energy. We speak from our experience and wish to share this with you from our love and respect for you. Therefore we say, surrender if possible to your tiredness. It is part of the process. Surrender to your tiredness, to other food choices, surrender to what you crave.

You may realize that nothing works the same way in the new energy. Could you enjoy certain outings in the past, this can be entirely over now. Did you wish to buy things, because they were beautiful, maybe now you no longer see the use of doing this. Maybe you can even see your own children or loved-ones with new eyes. Or suddenly you see the value of money or work in a totally different way.

This can be confusing for you, but if you are aware of the reason, then maybe it will touch you less. Go inside and maybe you will even notice that your body functions in a different way. This can feel truly strange, for instance when you suddenly are more or less hungry. Or you are out of the blue losing or gaining weight. Some can experience heart palpitations or have trouble digesting, starting to crave different kinds of food. Others may experience being more thirsty or the wish to breathe in fresh air and be out in nature.

What is needed is a bit of help from your own intentions to upgrade your bodies in the new energy. Free a few minutes for this once or twice a day. But you can also upgrade your body while working, bathing or before going to sleep. Or instruct your body to be upgraded while you

are sleeping. What it is about is believing in the power of your thoughts. Know deep inside that each of you is capable to this creation.

We suggest you go to a quiet place, where you can fully tune in to yourself, in calm and peace. Then you energetically upgrade the body you are living in. A sample program is offered below. Feel free to use it or add things. You are masters. You can do it.

- My brains are being cleared and upgraded.
- My hair and skin rejuvenate and get their original state of being.
- My eyes and ears recover to full health and to optimal vision and hearing.
- My pineal gland[12] is activated and upgraded.
- My hypophysis is activated and upgraded.
- My epiphysis is activated and upgraded.
- My thyroid gland is in highest balance and health.
- My teeth recover and shine in beauty.
- My heart optimizes/rejuvenates.
- All my muscles, bones and connective tissue recover to the highest state of being.
- My nervous system is detoxed and upgraded.
- My hormone system is upgraded.
- My body is fully detoxed.
- My cells are rejuvenated and filled with oxygen.

[12] The pineal gland is situated in the center of the brains and is also called the seat of the soul. The gland produces hormones: serotonin, melatonin and dimethyltryptamine (DMT). The hormones regulate a series of biological processes related to the awake and asleep state. The gland contributes to the stimulation of higher consciousness. The pineal gland can be activated by detoxing it. This is done by avoiding fluor and by taking chlorella and spirulina. Also vitamin D3 and goji berries are good.

- All my organs are upgraded/rejuvenated.
- My DNA is upgraded.
- All my chakras and meridians are cleaned and upgraded.
- My Ka-body is upgraded.
- My prana channel is recovered.
- My spine and atlas are put in the right position and upgraded.
- The assembly point of my energy is in the right position.
- My meridians connect with the axiotonal lines[13].

We will describe the last five items in more detail.

Ka-body

The Ka-body is the same as your second and energetic body. It has the same shape as your body and serves the energy of your physical body. Previously, the Ka-body worked on a lower level in the third dimension energy. It is now upgraded to be able to function well in the higher dimensions of being. Your Ka-body will now start working more powerful. The Ka-body needs nutrition in the form of light, pure sun light or the light of Source. Regularly connect with the sun and ask for the light of the sun/Source to work through you. Upgrading your Ka-body makes for a more powerful and healthier vehicle. In the third dimension and above all also for your multi-dimensional field and body.

Prana channel

It is important to realize that in your original state of being you have always breathed through your prana channel. This is something you can again start practicing.

[13] These are energetic meridians of the cosmos, connected to the meridian system in our body. They provide us with cosmic energy, so that we are always connected on a cosmic level.

Imagine your prana channel as a hollow pipe entering your body from your seventh chakra, going through your body, and leaving it at your perineum, between your legs.
This tube of light contains prana, energy from the cosmos, which can now be perceived more powerful. The beautiful thing is that prana not only provides oxygen, but also contains light nutrition. Light carries information and this information or consciousness is of importance for all future steps. Through this the Ka-body can upgrade faster.
Some of you may need an atlas correction to allow the prana channel to function optimally energetically.

Spine and atlas

Your atlas, which is the first cervical vertebra, carries your head. It serves more purposes, as it also keeps your entire body in the right position, through your spine. When atlas and spine function well, and your body is in balance, the energy can well flow through it. Sometimes, the position of the spine and/or the atlas can be impacted. This can happen during your birth in the third dimension, as a result of the pressure put on your head and neck. The atlas or spine can then be pressured and pushed out of its right position. The same can happen during accidents when you hit your head, leading to for instance a whiplash. These incidents can threaten the right position of spine and atlas.
Some of you were born with an atlas placed out of position, as this was meant to be. This so-called wrong position of the atlas can increase your emotions and traumas, due to the energy between your head and the rest of your body (your heart) being blocked. Apart from back, neck and leg pains, it can also cause headaches and deep unhealed traumas.
Many of you may have heard this information before, as it came to you at the right time. Now, after your so-called birth in the fifth dimension there is no more need for a wrongly placed atlas, and may be corrected. This will result in prana-breathing becoming accessible again. If you feel

it is time for you to heal this, then look out for a good healer, who can correct your atlas/spine. The correction is relatively easy and can result in an accelerated clearing. Beside of this, you can always ask for our help and give us permission to work on you, so you can expect a quick energetic breakthrough in a safe way.

Assembly point

Another important point for the body and the new conditions is the assembly point. A point, where your collected energy system is located and from which you function optimally. When the energetic assembly point - which is not visible as it is energetic - is in the right position, your energy body will be more balanced. Has it been affected and moved to another place in your body, it can be of less service to it.

This assembly point has its correct position on the backside of your body at the level of your heart. It is connected to the point above your eighth chakra. If it is out of position, it can energetically be brought back to and anchored at the right place. Your body can then produce more energy for you, and the transport of it will tangibly be faster and more advanced in the fifth dimension. Here too, we would like to offer our assistance to you. Through vibrations of sounds you can produce yourself you can help to direct your assembly point back to its right position. Crystals can help as well, especially Phi Vogel crystals. Be aware that your intention is of high importance for this process. By setting your intention to your assembly point now being in the for you best position of your body, the process starts.

Expanding meridians through connection with the axiotonal lines

Your chakras are connected through the meridians. These are energy lines in your body, taking care of the energy transport. When consciously connecting the meridians in your body to the energetic meridians of the cosmos, called axiotonal lines, you consciously expand your energetic system.

These axiotonal lines are purely energetical and serve to connect with Source. This connection already exists, but often on a subconscious level. It is recommended to also be aware of this at a conscious level. By acknowledging what you have just read, you set the intention.
For instance: All blockades in the meridian system of my body are released and the meridians are now on a conscious level connected to the axiotonal lines in the cosmos, improving the connection with Source.

This is for now the information with regard to your bodies. In the next chapter we want to look deeper into your environmental field. The interpreter of our words has already started this and will be able to explain about the purpose.
Again we want to let you know how valuable and how magnificent we esteem you. Know, that through stepping into this adventure, you open the road for many.

Chapter 5
Your new field

Dear ones we need to disappoint you if you believe your assignment with regard to the Earth has finished, now that you are residing in the new dimension. In fact you are taking in key positions for all Earth inhabitants. You are the bringers of light and the new energy. You are the keepers of the Earth, and a new special assignment is awaiting you.
We ask you to read the below chapter with an open heart, and to feel if this is meant to be for you too. This part is about the design and decoration of your new field. It may feel a bit egocentric, and this is needed for the time being so that you can disconnect from the old energy, to fully and consciously embody the new energy.

Everything is about your thoughts and intentions; these create the new reality. And you are the frontrunners, the designers and the decorators of this new world[14]. Have you noticed how fast you can slide back into the third dimension of being? Have you noticed that the earthly game is not over yet, and that many of your friends and family members are still playing the old game? Can you see how your old world is crumbling around you? Are you at times so absorbed by this old world that you feel like you are being sucked into it? Have you noticed how unpleasant this feels for you? Are you aware how angry you sometimes feel, and how the energy of powerlessness attaches to you? You truly no longer want this. Therefore it is up to you to design and decorate your new environment. We call this: creating the new field.
You step out of the old matrix, belonging to the old earth. You are going to design your new matrix for your soul, while you reside on Earth. This soul matrix can also be called the field. This is the matrix in which you reside, while still walking around on the old earth. In the near future

[14] See Healing with Hathors for more information about the roles.

your new soul matrix is connected to a bigger field, but first we focus on you.

What is the field (your soul matrix)?
The field is the new energy, used by you to design the environment around you. In the below exercise we help you to create this new field. At first the below exercise may seem to be extensive, but trust us, once you get a taste of it, you will long to work more and more with it, to create your own field. The field (your soul matrix) is your energetic environment, which you create, while at a certain level still functioning in the third dimension of being. In a way you are building a fifth dimensional field, or call it a multi-dimensional field, and we would like to help you get going. We, the Hathors, have in the past in Egypt lived like this in a third dimension of being, while residing in our own collective multi-dimensional field. You could say that we have a lot of experience, and we would be happy to share it with you.

Look for a quiet place to do this exercise and get started.
You can say the text below out loud. For a start repeat the intention three times. While speaking you can use your hands to rub your navel area. As we have described to you in chapter three, the area around your navel is a very special place. This is the energy center which is important for new creation. Your power center is located here as well; after all you are about to start building your own 'kingdom'. From our experience we suggest to rub counter clockwise. Say out loud:

1. Create fifth dimensional field / create multi-dimensional field, upgrade vibrational frequency.
2. Give this field a color. We suggest violet, or give it the color of your choice. Design it with what appeals to you. We are just giving you some examples:
    - Violet color in my field.
    - Gold in my field.

- Sunlight in my field.
- Rainbow colors in my field.
- Crystals / diamonds in my field.
- Fairies in my field.
- Flowers and butterflies in my field.

3. Anchor the field:
   - Ground the field in the new Earth energy.
   - Ground the field in the Source of Oneness.
   - Ground the field in all directions, above, below, left, right.
   - Upgrade the field to the highest possible vibration.
4. Place values into your field (add the values, which are important to you):
   - Unconditional love in my field.
   - Peace in my field.
   - Joy in my field.
   - Safety in my field.
   - Respect in my field.
   - Abundance in my field.
   - Autonomy in my field
   - My own power in my field.
   - Rejuvenation in my field.
   - Forgiveness in my field.
5. Now place the people, you would like to have in your field. For instance people, who are also residing in the new energy, or people who accept you for who you are. Close friends, loved ones et cetera. Add each one of them personally, using their names. This can vary from day to day; you decide.
   - My daughter XXX in my field.
   - My partner XXX in my field.
   - My friend XXX in my field.
   - My guides in my field.
   - My family of Light in my field.

- Ascended masters (with name) in my field.
- Angels in my field.

6. Add the intentions to your field, for example:
   - Higher consciousness in my field.
   - Health in my field.
   - Gratitude in my field.
   - A new job in my field.
   - New friends in my field.
   - Art in my field.
   - Music in my field.
   - Oneness experience in my field.
   - Radiation free in my field.
   - Fear free in my field.
   - Free from judgement in my field.
   - Connection Akasha records in my field.
   - Safety and protection in my field.
   - Free of chemicals in my field.
   - Growth boosting field.
   - Take on autonomy and own power in my field.
   - Balance in my field.
   - Self-healing power in my field.
   - Self-love in my field.
   - Clairvoyance, clairaudient, clair speaking in my field.
   - Freedom and forgiveness in my field.

This way add everything you want to achieve. Like this, build your soul-matrix around you, below you and above you and hold the intention to take this field with you, wherever you go. Once you start doing this on a daily basis, you will notice it to become effortless, and your contribution is rewarded. You will start to function easier in this fifth dimensional energy, while residing in the third dimension of being.

It is important to let go of the question if you do it right. Whatever happens, surrender and trust. Soon you will start to notice that when you meet like-minded people, your fields resonate with one another. How do you notice this? You will feel love when being in each other's presence. There is nothing to explain, you simply feel it to be right. And even when you do not always agree, it will still feel right. No dualistic energy can come between you, no misunderstanding, no disrespect, no imbalance, only peace and love is tangible.

Always be aware to stay in your own soul-matrix or multi-dimensional field, when you go out, to a party or when you watch TV et cetera, so that you can stay true to you. This way you no longer have to be pulled into the old third dimensional game.

Before going to sleep, ask you guides and angels to oversee that you remain in your field while asleep. Also set this intention for yourself, and think about it again when you wake up.

Don't worry if you have not done the exercise when you were lacking time. Simply reconnect to the energetic field built by you and see it around you the way you had created it.

Play with the energy of the field. Maybe at times you have to take out certain people, or add others. Maybe new special values are to be added. Whatever needs to be adapted, will become clear to you. You will start to notice that the field itself is intelligent and that you can communicate with it. Ask the field to help you.

Try this, for instance by asking the field to let you know when it is 7am and time to wake-up. For example say: I want to wake up at 7am. And see if it works for you. Or order your field to protect you or to warn you in certain circumstances. By trying you will get to know your field and all possibilities better. Because the field is intelligent, it also follows your intentions and thoughts.

After several days or weeks, you will feel this for yourself, you can stop this ritual. The field is now constantly around you. You only have to

think about it and it is there. It is all about the power of your thoughts and your beliefs.

Lia-Ariël:
I was pleasantly surprised that the letters automatically became purple violet when I was allowed to write about the designing of the field. Curious.
Also, I want to share with you, that after having worked with the field for a while, I ended up in a sort of vacuum; an area of calm and rest. It was as if I was given a large blank sheet, which had to be painted. In the beginning you have no clue what to create or how to start. But soon you start bringing in your own creations.
It will be different for everyone. Maybe, this information is of help for you.

Chapter 6
Collaborating fields

You are still in the transition phase. You are standing outside of the common third dimensional game, and reside in the fifth and higher dimensions. It is wonderful for us to observe you and to see how you learn to handle the energy. It is not without reason that it is you reading this; you have signed up to fulfil this assignment.
It is important to stay in the love vibration as much as possible, to generate love energy and to integrate it within yourself and your environment. Be in love and compassion with everything around you. It is quite a challenge to be in this phase, also because people around you will notice you are different, but they cannot get their head around it. What you may notice is that you might feel a bit alone or lonely. Trust us, this is just a short and necessary phase. Some of you will be challenged by their surroundings. People may try to trap you, wanting statements from you.

People around you may ask you:
Why are you resisting the world?
Why can you not simply adapt to the world?
Why do you always think you know better?
Why do you believe you know it all. Isn't it possible that after all it will turn out that you were all wrong?
Do you believe that the whole world is crazy and that you are the only smart one?

How do you deal with this? Some of you may feel attacked and may start doubting. Doubt asks for a clear choice. Try to get clarity for yourself when this happens. Feel free to ask for signs from Source and move on once you are fully centered back into your heart. It is our advice to stay

in your heart and to stop wanting to convince others. Know that there is a right time for everyone to be able to understand it all. Let your surroundings know that you hold a different opinion, and that you do not wish to be negative because of seeing things in a different way. Accept everyone, and ask to be accepted. Don't resist, do not make yourself smaller or bigger. Don't try to explain things.

Our advice is: listen to them and smile within. Imagine to be able to smile with your heart. Smile and let them feel that you appreciate them. Let love flow. Let it be without explanation.

All questions expressed by others, arise, because often there are questions left within you. These are being projected to you through your surroundings.

You may equally notice that a certain curiosity arises towards you, because people notice that you have partly become less approachable. Your new field is getting stronger and this means you are more difficult to fathom. Sometimes you are even more invisible to the outside world than you can imagine. You may notice that you feel more protected in the world. As if you are untouchable and surrounded by a cloak of protection. How does this happen? Mainly because your energy is vibrating on a higher level and you attract what is in line with this higher level. Also you have learned that you are the creator of your own life, and this is becoming more clear.

Through your intentions, by stepping into your own power, by using your power and by surrounding yourself with love, your appearance starts to change entirely.

This also means that some people, who are very dear to you, may no longer be able to understand you. Till a certain level they were able to follow you, but unfortunately, in this phase many people in your surroundings will no longer be able to keep up. This can make you feel lonely. It can cause a lot of sorrow. Try to prepare for this. Realize that over time you will all be in the same place again. Let it go, surrender.

Many of you, who have already for a long time had the role of companion or guide for several people in your life, and who have tried to have these people enter their field, may in this transition phase see people leave their life. Either, they go in a different direction or they pass away, or you no longer let them be part of your environment.
Also, you will less step into your role of companion or guide, as it is important to focus more on yourself. You now need to go all out for yourself, and this is something most of you are not really used to. You have previously stepped into the role of teacher, guide, companion, savior to reach as many people as possible. Many will lose all as this is no longer your way. It can later come back to you in a new way. When you have become empowered enough, you can take on this role again from a whole new level.
Dear ones, be now willing to fully embrace yourself and know that you may now put yourself first. Everything serves a purpose and know that this is meant to be in this phase. Of course you are always in charge of what you do.
When people actively ask for your help or energy, go within and feel if it serves you as well. Maybe it is not the right time to divide your energy. Stay focused in your field, stay focused on the people you have invited in, stay focused on love. Don't let yourself be pulled down by people outside of your field, who want to be helped or saved by you; simply because that is what they were used to. Know that every individual on your Earth, now maybe more than ever, is handed their own unique experiences to go through. Just like you have had your own experiences in the years past. Trying to lighten their load, could make your own process more difficult. Maybe you think you can handle it, but are you meant to? Would you not take the experiences away from others? Would you not take their responsibility away from them? And would it allow you to keep your focus on your new assignment in the right way?
Pity does not help anyone. Compassion and empathy do. Allow the other his/her experiences and have compassion for them and for the way they

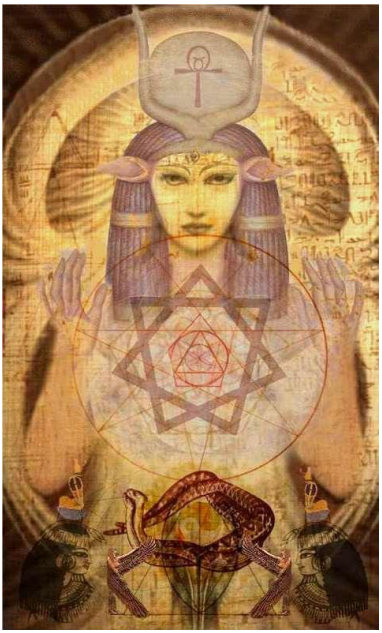
live through their experiences. When allowing the other to walk his/her own path, they are given the chance to get out stronger. When you solve it for them, you refuse them the experience. You also show them that you do underestimate their own powers. We advise you to take a respectful distance. You are not responsible for them. It is good for everyone to take his/her own responsibility. Be prepared that a situation may arise in the old world, which can be extremely problematic for many still residing in the third dimension. If you interfere, wanting to save people, you will be pulled into a world you no longer fitted in. Is this what you want? Ask yourself this question now, as these times will soon arrive. Do you feel responsible for others? Do you want to step back into your role of helper or guide? If so, do realize that you will then not be able to accomplish your own assignment. Also, it will lead you to a path you have outgrown.

Dear ones, focus on the new and on the new fields all of you have created and will create. Feel what it is like to come together with fields of higher consciousness when meeting like-minded people. Feel how you vibrate together and how your fields overlap and strengthen. This is how it feels to be in a field of shimmering love. Feel the joy of the vibrations of love going through your body. Feel the peace in this way of being. This is your new state of being, within your new scope.

Learn to collaborate with these fields and discover the added value of meeting one another in these fields of love. Isn't it almost as 'making love', when you laugh together and have an energetic exchange? We are allowed to tell you that a higher kind of love energy has come to your new world. A love energy, which can only multiply in intensity. This is why your love fields can unite. This is a kind of re-union or re-connection, after first having taken care of your own field.

The higher love energy, which for many centuries could not flow to your Earth, is now flowing through your bodies and fields. You can embody and radiate it and strengthen each other and each other's fields, now that this high love frequency can be downloaded again, here in your

world. And now you only know half what this assignment is about and what the impact will be on the new world. We feel joy on your behalf to be able to experience this. Come, dear brothers and sisters, join us in our joy for your new world, which finally may experience and radiate her true beauty, peace and happiness.
This will soon be tangible for many.
This is your gift to the Earth.



Free your fantasy
and play like a child.
A child which
for the first time
gets in touch
with the new.
Be open and free.
Be curious and joyful.
Delight as a being,
so pure
to everything which
may be discovered.

Hathors

Chapter 7
Feed your own matrix

Experience of Lia-Ariël:
A change is happening within me! First very subtle and slowly more tangible. By creating your field with full attention, you are at first disconnecting a bit from your surroundings. Only the people you daily invite into your field, become more present.
I notice that I feel the need to withdraw myself from the problems in the world. How often haven't I been angry, sad or fearful over all the horrible messages of war, rebellion and murder, which are everyday fare. How often haven't I felt sad seeing how people ruin the world in front of our eyes, while people are being numbed through all kinds of means, no longer able to put a stop to it.
How difficult has it been to see humanity degenerate. To see how standards and values decline and how people kill each other. To see how our children are being trampled in the name of certain powers and/or religions. All of this is in a way reaching rock bottom.
All of this reached a certain level within me as well. It is as if you first need to hit the bottom of your own sea, before you can turn the tide. And so it was, and it stopped…
Suddenly I noticed a silence within myself. I no longer had to go along with the sorrow of humanity, with the wars and the pain. I now focus on what is positive, on what helps me to love myself and others, and to center myself. Less and less connected to the disbelief when watching where humanity seems to head for. I focus my attention on healthy food, on people supporting and respecting me, on my self-healing powers and my force.
I focus on those, who see and accept me and on the God within me.

Hathors:
Here we take over again. Yes, dear ones, this is exactly how it is meant to be. When you would follow our suggestions and instructions you in a way disconnect from the old. You continue to live in your upgraded bodies, while you energetically increase your vibration ever more powerfully. This increase in vibration results in experiencing your surroundings in a different way. You are less and less distracted by your environment. It seems as if your old life has become kind of a movie. A movie you have power over. It is up to you if you still wish to watch this movie. You can play with turning it on… or off…
Your real life is more or less happening in the by yourself created new field, a soul-matrix vibrating on a higher level than before. This field is nourished and confirmed by the highest light from Source. Together with the influence of the sun, the upgrades become ever more strong. Soon your life will look different and you will feel protected by your new field. Also, you will put more and more intentions for what you want to attract into your field. Be clear in your intentions and see it. By giving more attention to this you are feeding your field. By feeding we mean that your field gets more attentions and that it is being supported by your thoughts, thus creating the incredible chances and opportunities it has in store for you. Be aware that all you wish for is coming to you at an accelerated speed.

Attention feeds the field
The more you give attention to your field throughout the day, the more you feed your field's existence. Through this you give it the right to exist, closely connected to your new state of being. It becomes a reality.

Communication feeds the field
By regularly connecting with your field, you can learn to see it as connecting with a part of yourself. Start to communicate with your field, this is how you feed it. Communicate with your field; ask questions to

the field. Involve your field in the things you do during the day and the things that cross your path. Ask your field for advice when a challenge arises. This way you expand this part of yourself; this is expanding yourself. When asking questions, you will faster receive the answers through your field. It is an easier form of communication and you will soon feel one with your expansion.

The light of Source/the sun feeds the field

By regularly making contact with Source, and by letting the light of Source flow through you, you feed the energy of your field. Also the light of your sun and the great central sun are feeding your energy.
Through these you are frequently upgrading your vibrational frequency and you will feel protected in your own field of light.

Confidence and love feed the field

When you confide in your field it will soon feel familiar. It feels like home and you trust that your field protects and accompanies you. After all confidence provides feelings of connection. You will soon notice that your fears over what is happening in your old world diminish.
Probably, before, you felt how the old grid in the world was suffocating you and how you were pulled into the abyss.
Now, while wars are starting around you and all may get closer and closer, there is a state of calm within you, when you clearly reside in your own field.
Place the energy of rest and peace in your field and do not allow negative energies in. Stay in this protected higher dimensional field, while you can still function in the old world outside of your field. Let love flow in and around your field and be in the moment. We realize that this is not always easy for you to understand and/or to apply. From our own experience we know that it works and that this for you too is the way to stand tall in your old world, to which you are still connected.

Take fields seriously and make them more real

By making your fields more real you create your new reality. Through this you will be able to disconnect ever more from the third dimensional matrix. As a result it will have way less influence or hold over you. You will also feel less of the fears, anger and frustration of other people.

Spirits of deceased ones will not or hardly be able to enter your field. You will have more clarity and will get more energy.

Many of you will experience more feelings of bliss. The veils become thinner and it becomes easier to walk into other dimensions and have a look around. And why not, you are being offered the chance. Many of you already did this in your dreams, and now it is possible to do so on a conscious level.

Realize that this field intends many purposes. One of them is remembering your multidimensionality. You are aware that you are part of something very big and magnificent. And that you are more powerful than you ever dared to believe.

You are now fully awakening and do not understand why you could not fully grasp it before. You have often felt so insignificant and so dependent. You were used as slaves and out of fear contributed to maintaining the slavery.

You have been dependent the way babies are from their parents. In a way you never grew up to an adult being. A being capable of thinking and deciding for itself, to someone responsible for his/her own well-being and growth. You were dependent on money and matter. You looked up to those, who were your bosses, political or religious leaders.

We hear you wonder why you could not see this before. Why can the majority of humans still not see it, is an even more powerful question. Just like it is written in time that the game will come to an end, even though some do not want to end it and give up their power. These people, who give it their everything to keep the game going under their conditions, feel the changes as well.

And even though the game has never been played in a truly fair way, believe us when we say that it will be ended truly fair. And dear ones, this shall not take much longer.

We suggest for you to start trying all of this and to experience it. Therefore we ask our friend and writer to release this part of the book already. By starting with this, you can well prepare for what is about to happen.
You can always ask us or other ascended masters for help. Also, we can function as empowerees of your energetic fields, by assisting you in this process and by generating more energy for your fields.
Anchor your fields in Source, and anchor your fields with other multidimensional fields, for example of your friends on Earth, of your family of light, your guides and your angels. Anchor your fields with the new energy of Mother Earth. Ask her to support you in this process.

Chapter 8
The new codes

Let us pick up where we left off. Yes, dear ones, the game which you call life on Earth, will be ended in a truly fair way. We do not want to go into this in more depth, as this book is written to help you design the new world. Yet, it is important to understand a bit more of the old world, so that you no more have to make the same so-called mistakes. Don't worry, it is overlooked by the higher powers to make sure that your new world will be very different. You will no longer get permission to do it 'wrong'.

1. The old dualistic world was driven by greed, power and a constant fear for lack.
2. There were two sides: the powerful ones and the powerlessness ones. Many powerlessness ones have faced great injustice. Money and power ruled.
3. Money, possessions, goods, food, housing et cetera were unfairly divided.
4. A small group of people led the big group from self-interest; eager for money and services. In a way the big group were slaves of the small powerful group. Equality was impossible.
5. People were kept in fear and poverty through tools like religions, leaders, banks, wars, abuse, murder et cetera.
6. When people thought they had the right of speech, they were silenced. Voting for your leaders seemed to be fair, but was often a farce.
7. Much happened behind the back of the naïve humans. Behind the scenes the real faces and intentions were shown.
8. Those with different opinions, who felt differently, who opposed or provoked were stopped or killed.

9. There was no respect for humans, for animals or for the nature of Mother Earth.
10. There was more taking and less giving.
11. Individuality was often destroyed, people were generalized. It suited the leaders better to keep everything and everyone under control.
12. People were suppressed and put in fear. Their freedom was taken away from them.
13. People were pitted against each other through the divide and conquer method.
14. Healthy people were made ill through fears, bad quality food, bad quality water, wrong medication, false information et cetera.
15. The chance to take on your own responsibility was kind of taken away from you, although this applies more to some than to other.

We give you an overall picture, in which you may not entirely recognize yourself. Yet, we hope you can fully agree to the image of the new world. We wish to say that we would rather speak another language; light language with codes and other words, exceeding the understanding of your mind. As we would not be able to reach you with it, we adapt to using your language. This way you can understand it better. It does not take away that there is much more to create in this new field. Which is only possible after you have reached a consciousness, capable of understanding and receiving these new ideas.

In the new world:

- There is oneness.
- There is abundance.
- We are driven by love, especially unconditional love.
- Justice prevails.
- There is equality for everyone and all living beings.

- Love, gratitude, compassion, forgiveness and light are present within everyone.
- You all take on your own responsibility.
- Collective decisions are taken with a fair level participation.
- Everything is out in the open; there no longer are secrets.
- Everyone is respected for who he/she is and for his/her special contribution.
- Everyone's uniqueness prevails.
- Everyone's will is respected.
- Everything happens for the highest good of all.
- Everything is distributed fairly.
- Everything is common possession, debt-free.
- Everyone's contribution to the collective, no matter how small, is desired.
- Everyone contributes to his/her abilities.
- There is no force.
- Woman and man are equally valued.
- Every child is equally valued.
- All animals and plants are equally valued.
- All are treated equally.
- All judgements disappear.
- Everyone's freedom is respected.
- Old pain, fear or sorrow is transformed collectively.
- There is security for everyone, also in the form of a house and home.
- Everyone's qualities are honored and seen.
- Every human is valuable and free of weaknesses.
- There is peace and unconditional love.
- Everything you need comes to you, in abundance.
- There is health.
- There is calm and peace.
- There are many opportunities for spiritual growth.

- Feeling is more important than thinking.
- Emotions are used in a positive way and are released faster.
- There is enough room for everyone to grow and create at a higher pace.
- Everything happens in agreement with God and Goddess, for your own highest good.

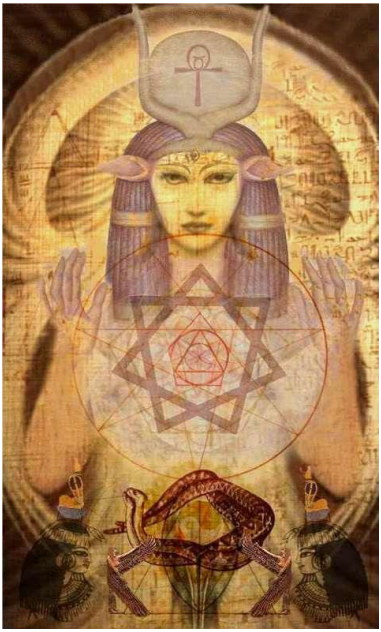
All these qualities are important. Re-read them regularly and add your own ideas. The more you unite with it, the more it can enter your energetic fields as new codes, so it becomes truly natural.
These new codes can also be pictured as symbols, as a symbol says more than words. Where words are still connected to the mind and the personality, codes enter through the heart and through feeling. That is why we ask you to let the words in this book enter through your heart, and to feel what it does to you.
In the meantime our messenger is downloading our codes, in the shape of geometrical figures, and putting them to paper. These will be added to this book.
In the third dimension words have always proven to be very important to you. Words can be used in a positive or negative way. You have been able to experience this in the so-called old world.
However, communication through words, as you have done, is rather restricted. Apart from information and the possibility to share, words can also hurt and mislead. Through your communication many lies have been spread and there have been many miscommunications, beside of the positive and healing function of words. Your words can trigger the feelings and traumas of the past, which can bring up a lot for someone else. Words have the potential to leave you feeling shattered. It sometimes looks like words work within you as the ball in the pinball machine. A single remark can trigger many unhealed feelings and cause you pain.

We ask you to practice letting the words of others, which touch you, come in and to instantly let them flow out again, without having them trigger you. To do this pay more attention to the body language of the other, look at the eyes or the pose. Is the other aware of what the words do to you? Is the other speaking from love? Is the other trying to hurt you? Or is the other one only fearful and does this reflect in her/his words? Are projections placed upon you through the words?
You will start to notice that most often others do not intend to hurt or dominate. Feel compassion for the other and stay in love, only smile as a reaction to the words. Realize, that whatever is triggered within you, is an old conditioning, an old pattern or an old trauma. Quietly release it within yourself. You can do this at the spot or later when you feel the time and space. Thank the other for the remark, which allows you to clear out another part in your feelings and emotions. What we aim for is to live more in quietness and less in speaking. Simply be silent if you notice that you cannot speak from love.
Do give attention to the sounds you can make from your mouth and throat. Produce sounds together and feel how healing these are for your energetic and emotional body. Sounds in the form of singing mantras is also healing.
Continue to feel and let the energy of light and love flow freely. This touches others and lets them know that they are welcome and that they are good as they are, just like you.
Do you decide to speak, then do it based on equality and keep an open heart towards each other, also when speaking. Speak with purity and choose your words carefully. Speak slower, clearer and with care for one another. Consciously send love with your words. Thus the information you share with each other will be of another level. The information will then not only enter through the ears and the head, but certainly also through the heart and feeling.
The next step is a form of symbolic speaking. More about this later.

When words
become symbols
and are accompanied
by a smile.
When you speak
softly and freely,
with an open heart,
nobody will be hurt.
When you calmly
and sincerely
speak everything
with love:
then there is peace.

Hathors

Part 2



Chapter 9
Codes to help you remember

We like to start this new part with the codes our messenger was able to download through us. The codes are simple and that is why many of you will on a deeper soul level remember them. Codes are not the same as symbols; codes are images, designed for a specific purpose.
Each code contains specific knowledge, which is revealed when you connect with the code. Some codes contain an old secret or a special message; these often work as a remembrance of something which is important to know at the time the connection with the code happens.
These codes, which we release to you at this special moment, are of importance for your process of consciousness regarding the new world. In fact they are known to you and may now be reactivated. They can by you be placed within your fields, by connecting to them. They will then within your field continue the process.
The codes are designed to help you raise and upgrade your frequency level and to maintain the upgraded level and creator power. Feel good within if you want to use these codes.
The codes have a sequence, starting from 1 to 5.

The first series of five codes activate your cellular memory and the pineal gland.

Code 1 of 1
Code 2 of 1
Code 3 of 1
Code 4 of 1
Code 5 of 1

You can also hold these codes in front of your third eye (the sixth chakra on the forehead), and experience in silence the impact of it.

The second series of five codes brings back memories to paradise and to worlds in which you lived in peace and harmony. These will therefore provide balance and harmonic experiences in your fields. The fifth code of this series is very powerful and for many of you known form the time of Atlantis.

Code 1 of 2
Code 2 of 2
Code 3 of 2
Code 4 of 2
Code 5 of 2

Hold these codes also in front of your thymus gland, situated between your heard and throat, and let it do its work here.

The third series of five codes are tools to anchor your fields and light energy in the new mother earth energy. They also take care of your well-being and strengthen you in your process. These codes have a big influence on rising your frequency level and on opening your heart. Therefore you can also hold these codes in front of your heart chakra.

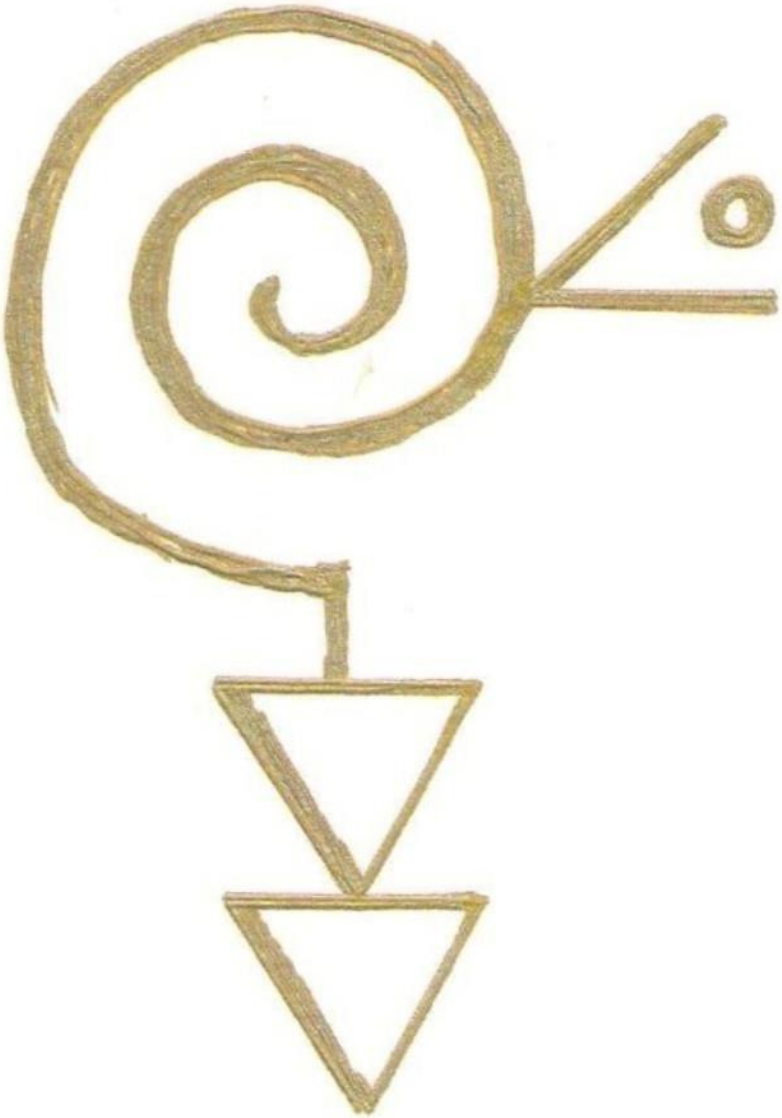
Code 1 of 3
Code 2 of 3
Code 3 of 3
Code 4 of 3
Code 5 of 3

Intentionally, the meaning of the codes is not written with words with the codes. This to make sure that the code can do its work in all purity within your energetic fields.

When you start working with the codes, make sure you are fully aligned with yourself and your field. It is very well possible that each of you reacts in a different way to a code. Depending on your experiences in past lives and on the planet you originate from.

Every time connect to one specific code and give it energy, time and chance to integrate, before moving on to another code. You can also place the codes on your body while sleeping, to experience the healing during the night.
If you have crystals, such as rock-crystal or rose quartz, you can put them on a code. The crystals will then radiate the energy into the space.

Code 1 of 1



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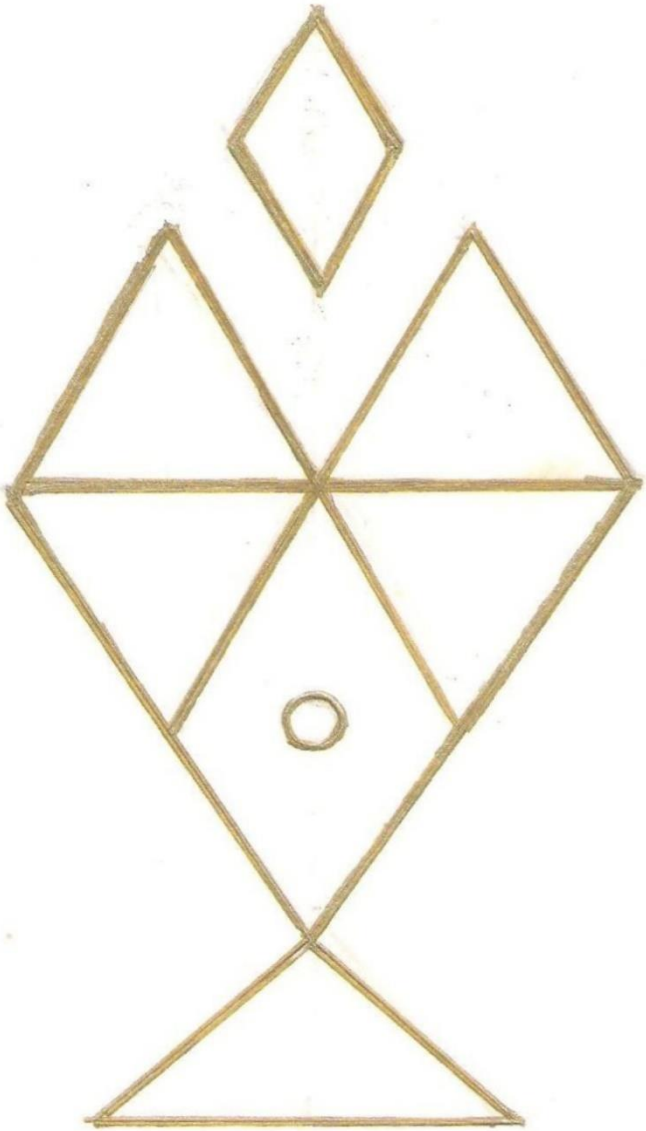

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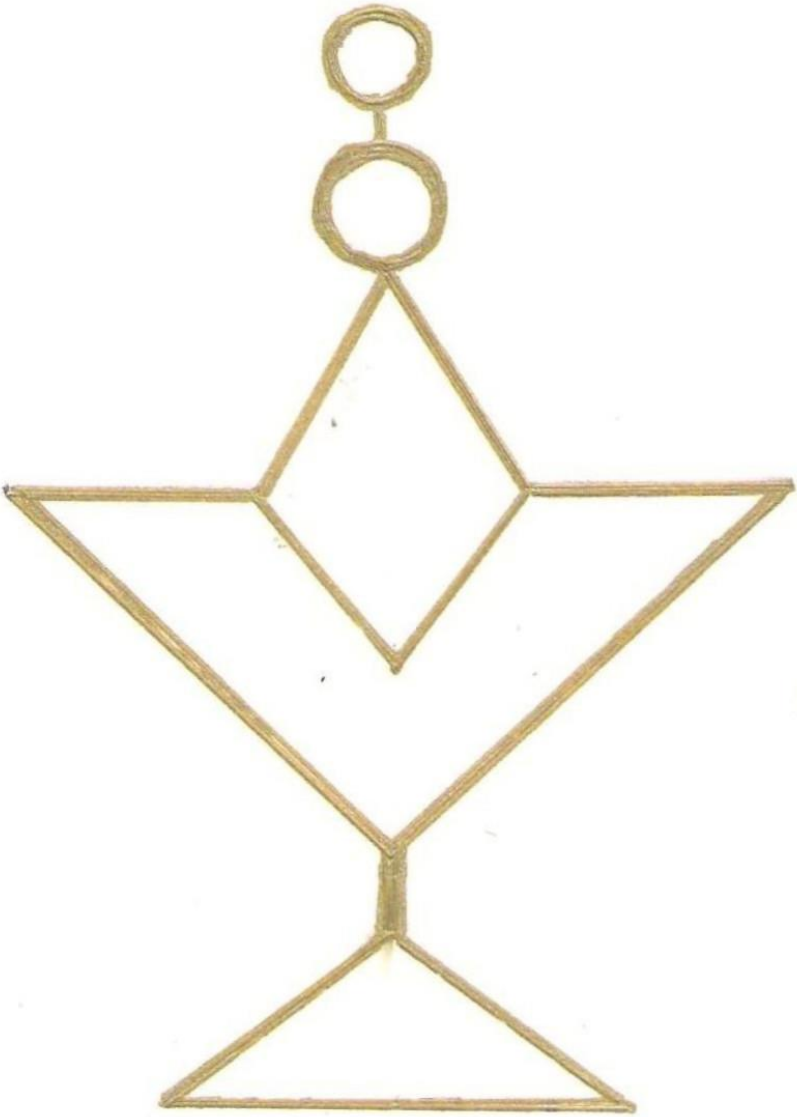

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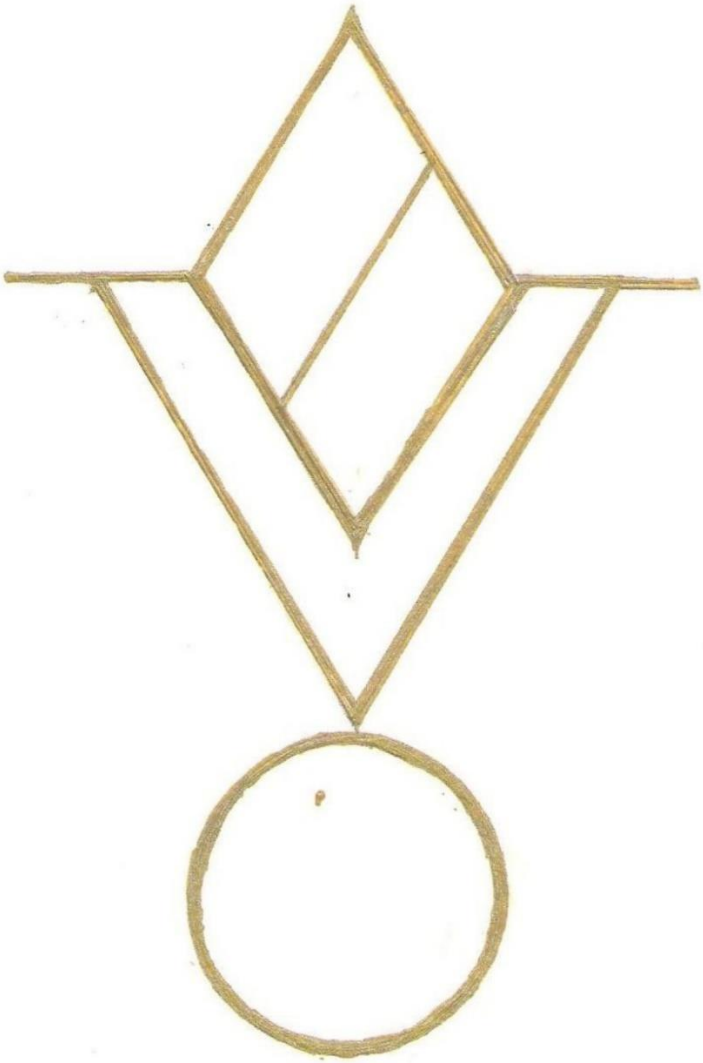

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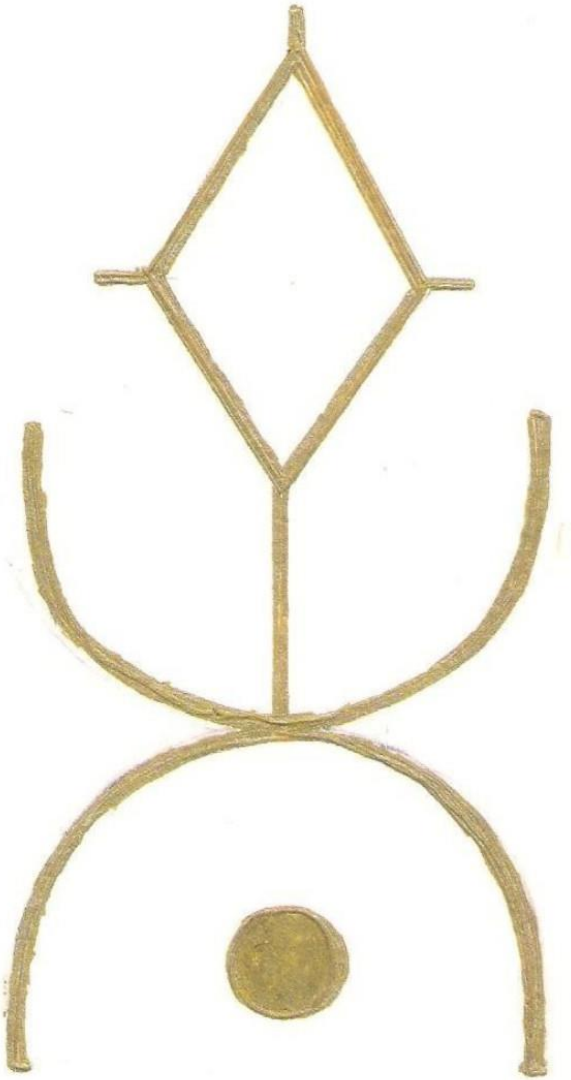

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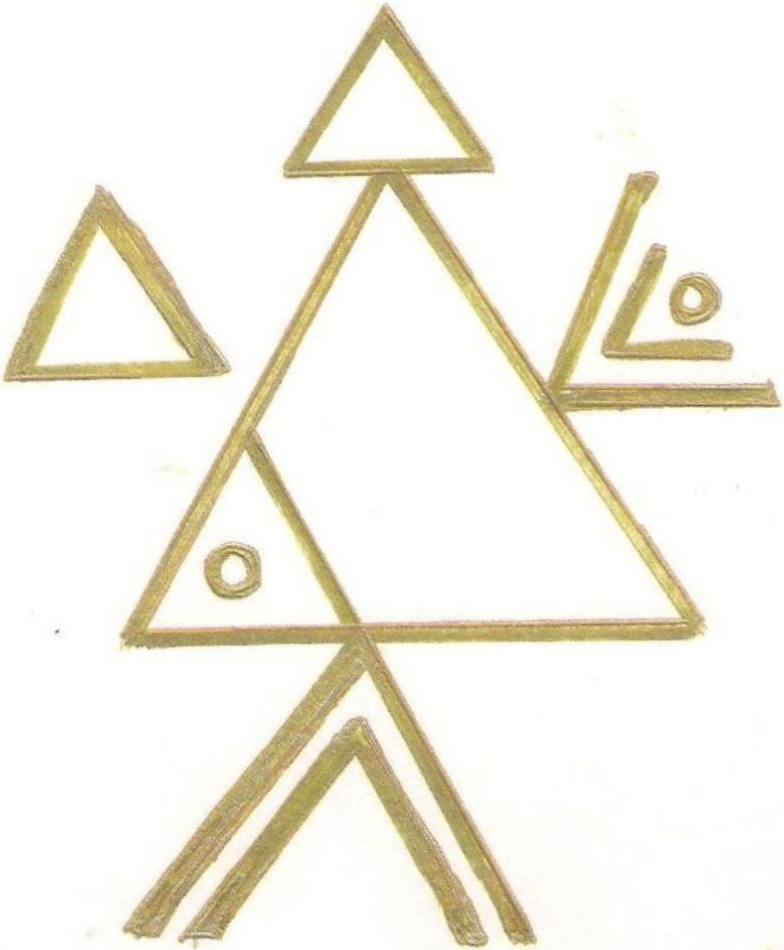

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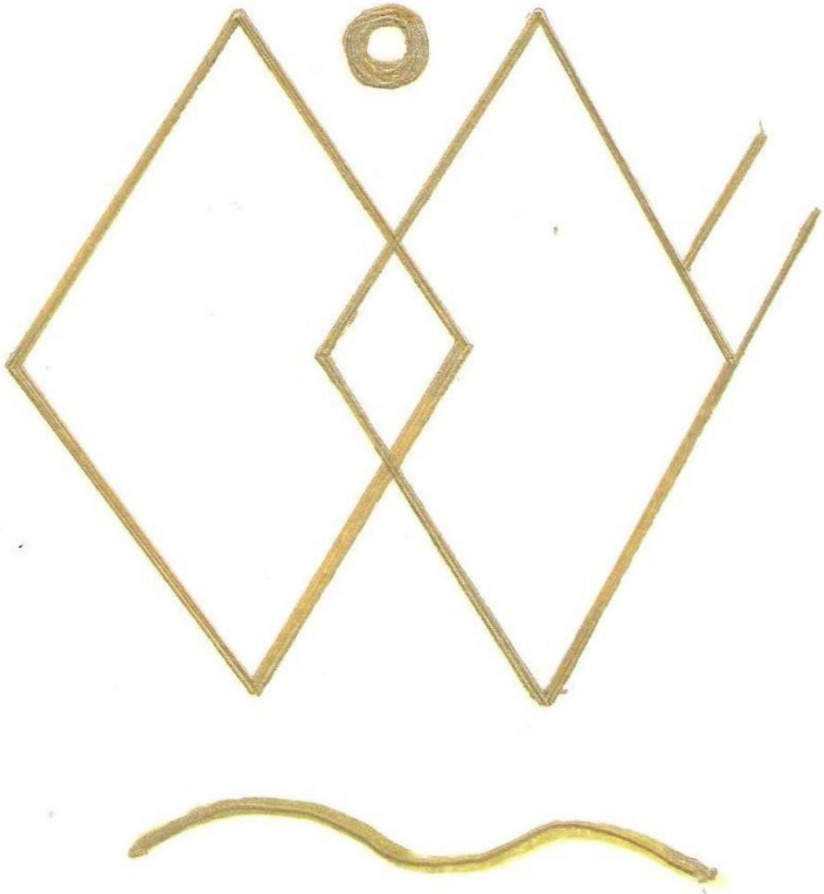

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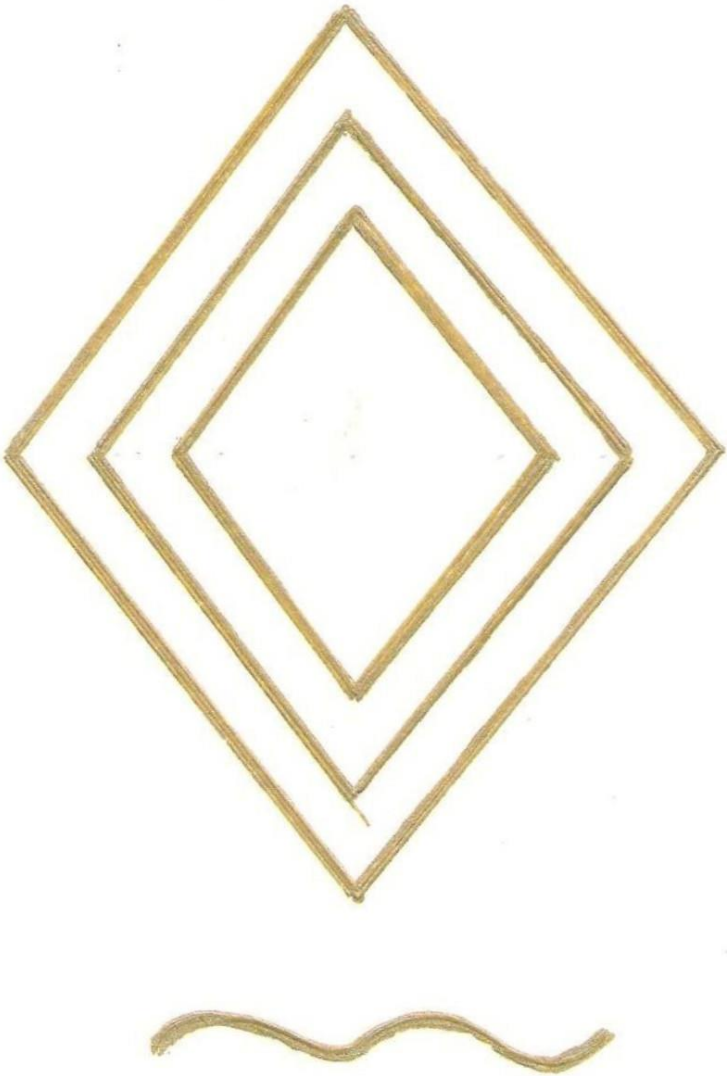

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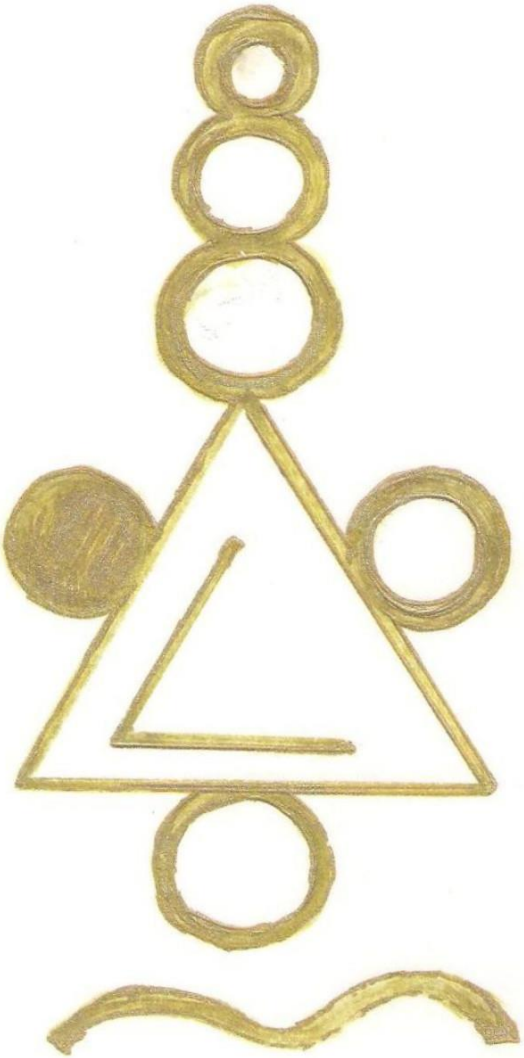

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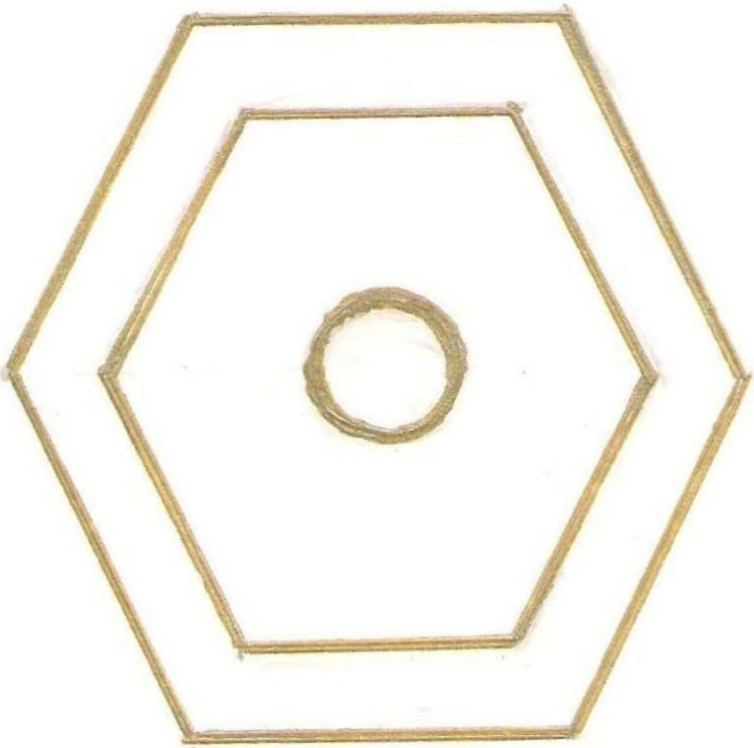

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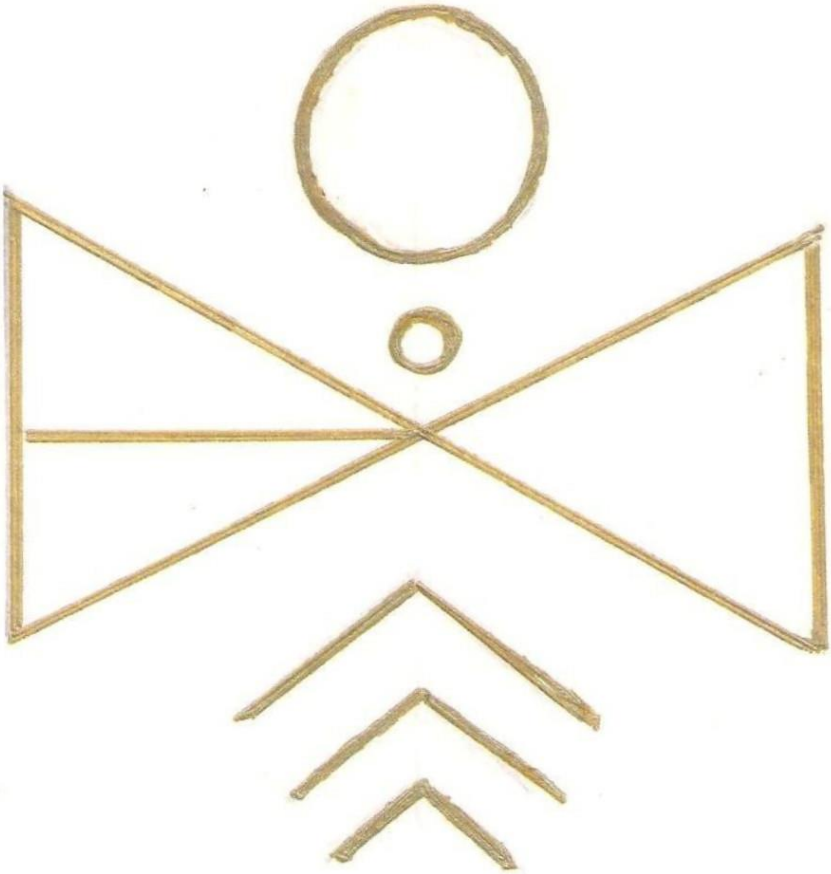

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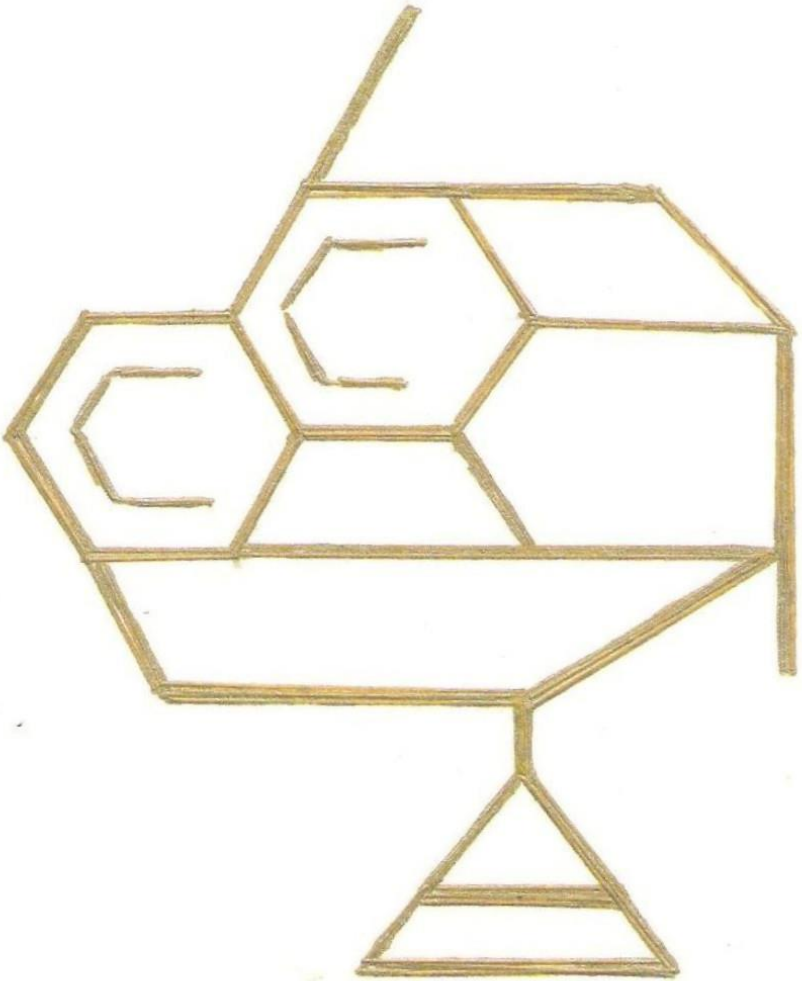

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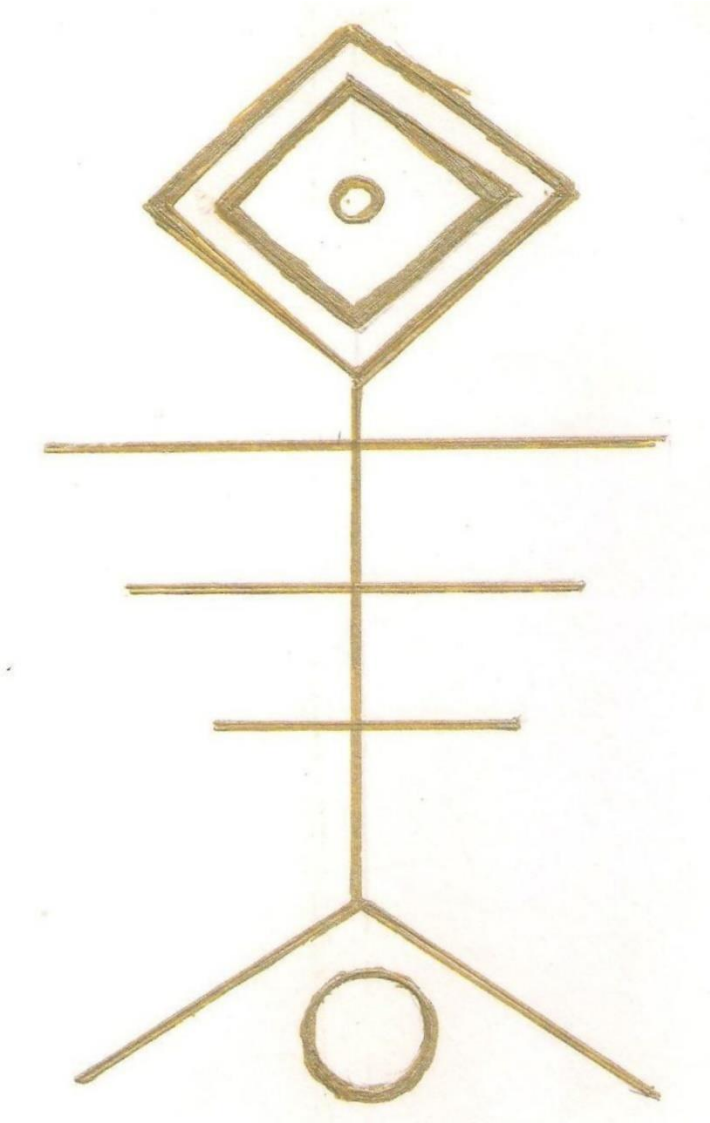

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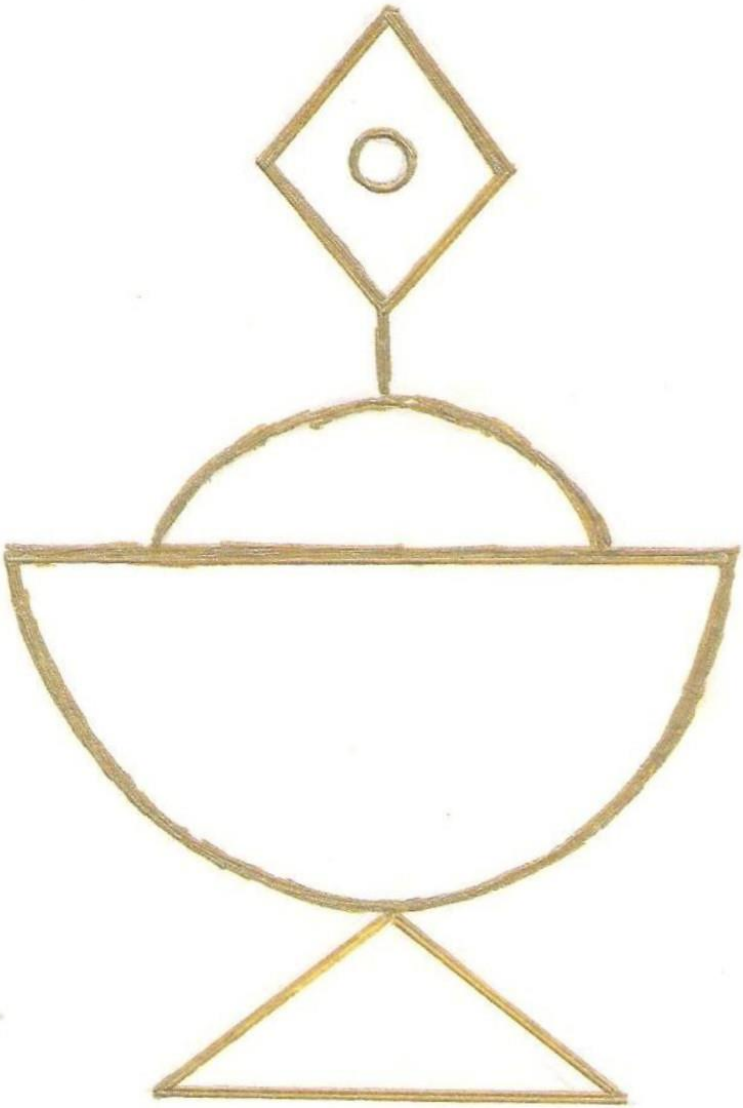

Chapter 10
Your language

In your environment there are many ways to connect with one another, but most of your connections are verbal.
The codes and symbols go beyond your communication on the level of the third dimension. On a higher dimensional level the use of codes and symbols is more common, as it is more universal.
However, for you the spoken language is a more common way of connecting. Therefore, we look deeper into the theme of connecting with one another through spoken language, as you are used to.

Words are for example used:

- to convince others
- to teach others
- to debate
- to philosophize
- to give your opinion
- to study
- to read
- to argue
- to hurt another
- to warn another for something
- to dominate another
- to play in someone else's drama
- to work out your own drama
- to complain
- to open your heart to someone
- to scream
- to be righted

- to kill time
- to express your emotions and feelings
- to judge and condemn
- to create
- to express your love
- to sing
- to party or to laugh
- to lift someone up
- to share and inform
- to write
- to express yourself verbally
- to manipulate

What we notice, is that many of you, through spoken language, are still taking part in the drama of your lives. These plays were needed for your experiences in the third dimension. Words are connected to emotions and are easily abused to bring something about. It is a way of influencing things. Words are used to convince, to stir emotions, to get your right, to manipulate et cetera.
In other words: words are most of the time not neutral, they often come with an emotion or an aim. Through words many play emotional games with each other. This takes the essence away from the connection. Look at what happens in your world. Do you see how words are used or abused by your loved ones, by politicians or higher placed ones, to manipulate humans? Do you see how the game is being played? How people are misled? Most of them can no longer see the deception, because they believe in the goodness of others, and therefore trust the other to speak the truth. But is this true? Or is it naïve? Or is it the easiest to believe?
What we notice is words; words in all kinds of sounds and vibrations. Above all there is a lot of drama in your words. But is the truth being spoken? Also, because the words of your leaders are spoken to you with

a certain intention, it is more difficult for many of you to see through certain messages.
Humanity is so wrapped up in the game of customs and conditions, that it is more difficult to distinguish what no longer works, or what are lies and what needs to be released. In a way this is the same for every single one of your connections. Drama through language is the game you play in the third dimension of being. The fact that many can not distinguish the truth from deception is weighty. It makes it more difficult to get out of this field of consciousness.
But, dear ones, reading our words now, you can use your discernment. You can see and feel what happens. You recognize untruth. You know. It is therefore that it seems as if you are drifting ever further away from those still playing the game of the third dimension, of those still accepting everything as truth. For some the drama still needs to be played out.

Now that you are staying in higher dimensions these sensitive and emotional games have become unnecessary. In the fifth dimension it no more is about drama. You no longer have to go through these dramatic circumstances, which you all know so well. The dramas keep you away from real pure feeling, away from the silence and away from your growth process. We would like to give you the deeper insight, that you have a choice. We want to let you know that you no longer have to work out karma; unless of course you wish to. We wish to hand you the tools to release the drama of the ego more and more.
You may still hang on to the old dramatic life. Understandable, yet, you can learn to kick the habit of the past and of the dramas you have lived through. Maybe, when you can let go of the drama, you will enter a time in which there is much more calm in your fifth dimensional fields. Calm because there is more room and less outside pressure. There will be less negative emotions and thoughts, and less distraction through thoughts.

Learn to be the observer of your processes, practice silence and stay in the now moment.
When you speak, let your words be as neutral as possible, be honest and keep it short. Apply the same to your thoughts, focus on what truly matters.

We are aware of the importance of your ability to speak. Your planet is a much-loved place to experience. Also, because here on Earth you have a body, and through this body, through your bodily and mentally senses you can feel a lot in your world. Your senses are of indescribable importance; they make the big difference with other dimensions of being. The senses like hearing, seeing, smelling, feeling, tasting, experiencing sensations et cetera, are of inexpressible value. To be able to produce sounds with your mouth and to hear sounds is marvelous. We too have experienced this as wonderful and healing during our time on your planet.
You can truly produce mellifluous sounds from your throat through vibration, and these sounds have many possibilities and functions. Your singing voices are marvelous and it is so healing for you to listen to it and to sing for self-healing. You could further expand this way of working with sounds. The throat chakra of many of you is still closed. It carries so much emotional pain of the many played out dramas of the past, that you have created blockages. These may now be quivered loose. For many lifetimes you have accumulated the non-spoken words of anger, pain, hate or sorrow, and for many of you this has resulted in the creative energy being stuck. How beautiful would it be to release this lock from your throat? How would it feel to be able to breathe freely and to speak without fear?
If the words above resonate with you, than release yourself of this negative energy on your vocal cords and free the way to use your throat in an entirely different way. Maybe we should say to start using your throat in a fifth dimensional way.

Exercise to release the deeply stored emotions and the unspoken words and thoughts:

If it feels right for you, start making sounds in your throat. First inhale consciously and while exhaling make the sounds that arise within you. These can be low sounds, groaning sounds, sounds of powerlessness, deep sighs from the lowest point of your toes, sounds like ohhh, oohhh and uhhh, which can later turn into higher pitched sounds like aahh, eeh, iihh et cetera.
Whatever comes from your throat, let it happen and let it go. While doing this, you can also move your hands and arms in the air. Let your hands go with the flow. Start with a movement resembling scratching in the air. Emotions are stored in your body. Your body is intelligent and has a memory. Through arms and hands you free the path to release emotions, while producing sounds. Your throat too knows how to express itself.
You don't need to know what you let go off, just let it go. You may close your eyes, surrender to what comes up. Your body is intelligent enough to do what it needs to do. You can bend your knees a bit and spring a bit by bending and stretching your knees.
You can repeat this exercise regularly in a relaxed way, without any pressure. It can be entirely different from one day to the other. Sometimes you may find yourself yawning or sighing; this is very good.
You may at times experience anger or even panic, go through it, continue to move and make the releasing sounds. And breath through it.
Do it all with lots of love for yourself. Keep your focus on what you do. Let go, and do so without judgment.

When you notice more room in your throat, the breathing can become more fluid and more oxygen goes into your body, which in itself is healing. We advise you to breathe consciously, and to consciously follow your breathing several times a day. Do you breathe superficially? Do you

breathe all the way into your belly? Do you sometimes hold your breath? Do you breathe lightly and freely?
This way you will sooner notice if your throat feels open and free or if it closes again. This can happen when you have again stepped into a dramatic story. It is quite a challenge to realize you have been pulled into drama again. For instance, someone says something to you and you are on the defensive. You feel emotional pain and your throat is producing harsh words. What would it be like, if you would notice 'hey, there I go again, into the drama of someone else.' In fact the other has triggered something in you which needs healing. When you realize this, you can maybe work on it, by producing sounds. The more you become aware of the playing out of drama, the more you can ask yourself if you still want this.

When you start to realize that this no longer has to be your path, you more and more enter a calm area of being. If you again play in the drama, know that there are other ways; release through sighing and moving your hands and arms. Instead of reacting with words, breathe consciously, deep into your belly. Feel the relief and notice that your need for drama diminishes. Let others no longer seduce you into it. It is also possible that you miss the drama, the emotion and the kick it can give you.
If you wish to consciously choose, one day, to play the drama game of the third dimension then try to enjoy it. Do it with a higher intention; not to hurt others.
We advise you to always communicate as neutral, clear and short as possible, and with love.
In previous chapters we have already touched on the fact that the feeling you send along with your words is very important. We invite you to express these feelings as positively as possible. In the fifth dimension it is more and more possible to speak through symbols. Symbols are universal and are understood by all nations in the universe.

Let us give you the below example.

Imagine, you meet up with a friend and you have a conversation exchanging about what moves you. It is then for example possible to send energetic hearts along with your words. Imagine a heart and maybe also the color red or gold and send this heart to the other person, while continuing the conversation. Or imagine how you send light to the other while communicating. You will notice that the communication will be loving, because both of you are in a loving energy.

A heart is your symbol for love. Also, when you expect a less pleasant conversation, you can use the hearts, or you place white roses around you as a symbol of purity. This will energetically be felt by the other.
Carry a beautiful symbolic gold-yellow sun in your belly area when visiting a more crowded place and when you will connect to many. Shine your sun abundantly when speaking.
You yourself hold much more knowledge about your symbols and will be able to apply more of these. This way you set many steps on your way to fifth dimensional communication. In fact the emphasis is not on more words, but specifically on the use of more symbols and on sending along sincere feelings. How can you now start to use this in your field?
Up till now you have possibly worked on designing your field through words and thoughts. We now share with you, how you can make your field more yours by putting your feelings and symbols in it.

When you say 'I ask for peace in my field', it is still a matter of words. Now try to truly feel the peace within, be in peace, and this will more powerfully impact your field. Now imagine, for instance, a peace dove flying through your field and feel the peace. For instance focus on another theme every day.
If today it is love, then give it your all to feel love and have hearts go around in your field, all day long. When on another day your theme is

light, radiate your light and put your sun or candles powerfully into your field. The next day you radiate wealth and crystals, gold and diamonds are sparkling in your field.
You will most certainly have your own ideas for other days, with your own intentions, phantasies and symbols.

This adds an extra layer to your being and to your fifth dimensional field. Feeling is exponentially more powerful and in fact it makes your field more powerful. The power of your feelings and the use of symbols, like the heart, white roses, a well, a sun, gold, crystals et cetera, leads to a vast creative field around you.
We will give this more attention in the coming chapters.

Chapter 11
Symbols

Dear friends, you know that you have mainly lived from the left half of your brain. This was more or less part of the plan of the third dimension. Your thoughts and communication also originate from the left half of your brain. However, when talking to a child the right half of the brain is often used as well. This is because the speaker is then often more focused on speaking from love, with an open heart and without expectations. You intuitively know how to reach the child with a certain tone of voice. That is why the right half of the brain is used as well; more feeling will be added to the voice. Also towards your loved ones you speak more from the heart, with a different tone of voice and the words are more intuitive.
When someone writes stories it is more often done from the left part of the brain, unless the writer is being inspired. In the latter case the left half of the brain turns off and the right half is speaking. This results in more creativity in the stories.
Through the right half of the brain higher beings can reach you through your channel with the higher dimensions. This also allows us to give our messages to you.
Symbols are located in the right half of the brain. When you connect the words with the symbols both halves of the brain are working together. When the two halves of the brain start collaborating, and when both are in balance, a possibility for creation has been created.
With all our love, we invite you to pull these symbols into your field and to place them around you on a daily basis. Because your field is so intelligent the symbols can soon be used separate from the word, after all you know the meaning of the symbol. You will then experience what it is like to be less in thoughts, to use less words and to use your feeling field more often instead of your field of thoughts. Be free to add your

own symbolism. It may be even more powerful to fill your personal field with your own symbols. However, for the communication with other fields, it is also good to agree on universal symbols.
We will give you an example of how you can design your field in the time to come and how it can feel. It is only an example, and you decide for yourself.

Place your field around you as usual and see that you are in a sunny scenery. Your eyes take in the meadows and you admire the beauty. Feel the gratitude and the love and send out **hearts** to the field. A beautiful **lake** arises and you walk towards it. In the middle of it you spot a **spring** sprouting its pure clear water up from the lake, like a fountain.
Spontaneously you enter the water of the **lake** and dip into the healing, clear **spring water**. You request cleansing on a cellular level and connect yourself to beauty and rejuvenation.
A surge of abundance makes you feel **rich**. You feel fulfilled of love and wherever you look **hearts** arise. You are serenity-stricken and looking at the lake many **white lotus flowers** suddenly appear on the water surface, a symbol of ascension.
A chalice is handed to you, filled with water from the **fountain of youth** and **health**. The chalice is overflowing as a sign of abundance. You empty it. All your cells are cleansed while you take in the **sparkling water of life**. Everything in your body and spirit is being cleansed and you feel pure. You also ask for cleansing of your intestines and your muscles. Your emotional body is cleansed as well.
When you step out of the water, you lay down on the grass, while the **sun** fills you with **golden light**. All your cleansed cells fill up with light and you feel full of the energy of gratitude. You place your **hand palms against each other** and place **both hands in front of your heart**.

Suddenly you see a beautiful bird, a **Quetzal**[15], brushing past you and you admire it. It is the symbol for the connection with the Divine. You feel devotion for the Divine and you open your heart, and you let the colors of the **rainbow**, which appear above the lake, fill your entire heart. You feel ever more peaceful. Looking around, you discover a magnificent t**ree of life**, reminding you that you take part in a grandiose journey on this Earth. The **butterflies**, signs of transformation, flutter around you in the most beautiful colors. You feel a **crown** being placed on your head and notice that you have a **scepter** in your hands, and you know that you are the **King/Queen** of your own field, of your own paradise. You have taken on your own power and force and you place the **crown** in your **solar plexus**.

You feel fully safe and protected by placing a **hedge of white roses** around your field. In silence you enjoy this for a while. Smell the **perfume** of the roses and feel the **sun** on your face.

Then, in the distance, you see all those you had invited into your field, **family, friends, masters, Angels** et cetera. They pass by and wave at you. You raise your hand and wave at them. You feel how you live in this by yourself created fifth dimensional field, with these **many dear friends**. You feel the love, the respect, the abundance, the light of the **sun** strengthening your **solar plexus** and you feel your power and your creator power.

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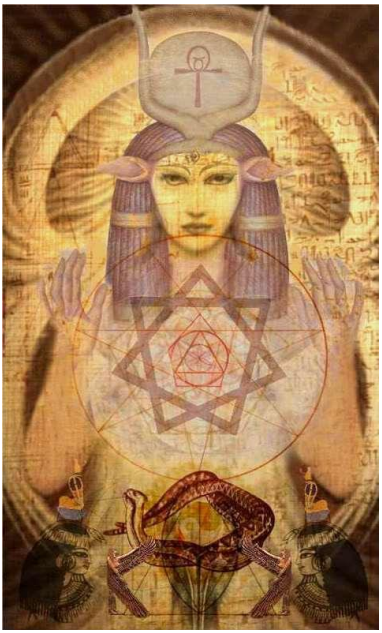
[15] Quetzal is an endemic bird, which is part of many Indian legends. This bird is especially strongly connected to Quetzal-coatl, the God of the wind and culture for the Aztecs, whose name means feathered snake. The death penalty applied to killing a Quetzal. Also for the Mayans the Quetzal was highly regarded as a symbol of freedom. The red chest of the Quetzal originates, according to legends, to the arrival of the Spanish conquerors (conquistadores). When the Spanish defeated the Mayans, the Quetzals are said to have landed on the blood-covered Indians, to protect them. The blood colored the chest of the Quetzal bright red. The Quetzal is by the Hathors seen as a symbol of the Divine Free Spirit.

Use your own fantasy, feel it, experience it and ratify your own field. Even start to smell, taste, hear and see your field… This new experience of the field is very powerful and creates life changing experiences.
Now notice that slowly this feeling stays around you ever more, even when you are back in the third dimension of being. Feel this field becoming ever more familiar. Create your own heaven on Earth, which gains more and more right to exist within you. Feel.., feel how it is in your fifth dimensional field, while still living in a third dimensional world. Feel guided by love, and let fear behind.
We get quite enthusiastic about this, as so many memories arise for us with regard to the time that we walked planet Earth like this. Please don't blame us for having gotten carried away for a moment; our desire to have you experience this is huge. Because when you grow in this and become ever more familiar with your fields, you will notice that miraculous things start to happen. Yes, truly a very pleasant time will then start for you. A day will come, when you get up in the morning, open the curtains and look outside, expecting to see the third dimensional image like every day. Yet, more and more you start seeing the images from your own field. Like your beautiful blue lake with lotus flowers, children dancing with flowers in their hair, white doves and fairies, magnificent trees and beautiful roses and butterflies fluttering around in the most beautiful colors. At the start it may be a vague veil and it will become more and more clear and tangible.
This new reality will continue to manifest around you, the field expands and your new environment manifests. This is the miracle you have been waiting for. This is what you have yearned for and this is what you have achieved. This new environment is now ready for your continued creation and decoration. You will go ever further with the manifestations and the way to do this, will be explained step by step. Don't move too fast, everything needs time and will be created at the right time.

Continue, if this resonates with you. Continue to feel one new theme a day, to feel and experience the entire day, as we suggested before. Feel the deep longing for abundance and see all day long how everything you need flows to you. Use all your earthly senses to be able to experience this; use your eyes, your ears, your smell, your feelings, your ability to taste and experience it fully from your heart.



Can you see it?

The lake

full of lotus flowers?

Can you hear

the splashing

of clear spring water?

Can you smell

the perfume of roses?

Can you feel

the rest, the calm, the peace

of the Divine Being..?

Experience it

to the fullest!

Hathors

Chapter 12
Creating

Creating becomes more and more fun and it is filled with magic; you are the creator of your own world. Do it without force and from love, with emphasis on feeling, while designing and decorating your fields. Feelings and symbols ratify your field. And when you again add intentions to your field (take a look at chapter 5, point 6) it can also be done this way:

- Do you long for a fear free field, then see balloons floating around you, sucking up all fear and taking it away.
- If you want music in your field, see an orchestra playing beautiful music. Or imagine birds, singing their songs in your field.
- Do you wish for a growth stimulating field, then see the most magnificent flowers and crops growing as a sign of a fertile field to raise your inner consciousness.
- Do you desire a field free from radiation, then see Angels catching and removing any radiation.
- Do you wish for a field free from chemical products, like chem trails[16] or poison in your food, then see how you can transform everything with the golden light.
- Do you want to meet new friends in your field, open up the 'friends' gate' in your field and see loving and laughing people enter.

[16] These are the white lines in the air, left behind by airplanes. These are not the regular white lines (contrails), which quickly dissolve. It is about consciously released toxic substances in the air, which remain visible for a longer time as white fog. There is talk about substances like aluminum, barium and titanium. These can be unhealthy for humans, animals and all organisms.

- Do you wish to experience abundance? Feel the abundance, for instance by seeing gold, diamonds or chalices abundantly filled with the most delicious drinks, around you.

What this is about, is the use of your own fantasy and of feeling and experiencing it. Make it your own reality; this is your creator power, which is now finally ready to go ahead.
For many lives you have been slowed down in your creator power. From the moment you went to school, you have been taught to use the left half of your brain, as this was of importance for your learning process at school. The one-sided way of learning and studying has not particularly stimulated your fantasy and creativity. When you had created something in the third dimensional world, your creation was maybe not truly noticed. You were expected to submit to the learning processes and to the plans and creations of someone else, like those of your teacher or the laws of education. This happened both from ignorance and intentionally, so that you would not discover how much power you could gain, when you explore your own ways of creation in life. After all, if you would discover how the creation process works, you would become too smart and you would no longer be an obedient follower of the plans of others or of certain leaders.
Imagine that everyone would discover its own right half of the brain. Everyone would start filling its life with its own creations. This would bring joy to everyone and you would want to experience more of this kind of joy. Many would no longer be willing to work for others to make money. You would create your own abundance. You would use your pineal gland and discover you spiritual self. You would no longer want to constantly follow the creations of others; you would wish to experience your own creations.
You may wonder why schools and teachers have not stimulated you in your own creativity. The answer is that you would not fit into the system, no longer be a slave of the system and of the people standing

above you. Those, who rule in your world, would no longer be able to control you, because you would start to think for yourself.
As you know many people, especially children, are currently given medication, as they would suffer from all kinds of so-called syndromes, like adhd, autism, lack of concentration or behavioral disorders.
Do you grasp what they want to achieve with this? This way they still try to bind these young people, who cannot or do not wish to conform to the laws in your society, to the system. These children of the new era often feel intuitively that this isn't their path. They were born on this Earth with a strongly developed right half of the brain. And therefore they have a huge desire to create and to design their own reality. These beautiful souls in fact came with a purpose, namely the redesigning of the old. By only being allowed to use the left half of the brain, it is tried to force them into the shackle. Why, is the question, why?
All these children of the new earth and many adults too, feel that they do not fit into the current system; they want to be free and creative. That is when the medication comes in, to change the brains of these creative children for the benefit of the strict learning and behavioral system. Forced to adapt, after all, calm needs to return to home, school and society.
We feel your powerlessness, while you have to watch seeing these children being adapted through medication, to prevent them from accessing their own creative power. Yes, that is the effect of these medications, which are addictive and which can also change the brain structure of young people and adults.
You, who read this, know that the time of creation has now arrived. You are capable of creating Heaven on Earth, by designing your fields. That is why we hand you the following.

Exercise for a first connection to your own glass pyramid of creation:
While standing in your own created field, enjoying the meadow at the side of the beautiful lake, you see this pyramid in the field before you.

The pyramid is made of translucent crystal and you discover an opening, through which you enter your own pyramid of creation.
This pyramid is also located - energetically and smaller - exactly in the middle of your two brain halves, at the place of the pineal gland. This place is at the level of your sixth chakra, exactly in the centre of your brains.
While standing in your pyramid, with the smaller, energetic pyramid in your brain, we hand you an important tool to ratify your creations of the future.
You can sit down on a chair made of gorgeous rose quartz crystal. Receive your gift in the form of a symbol. The symbol you see is the Pillar of Djed (see image below). This pillar is a symbol, providing for stability and continuity of your field and of all your creations. The Pillar of Djed is an ancient symbol and was of high importance for the ancient Egyptians, as well as for us, when we lived along the Nile in Egypt. It is the symbol of the spine of the body. And it symbolizes the ratification of creations.
Only use this symbol with the highest respect and you will notice how powerful it is. When it resonates for you, install the Pillar of Djed in your field. Order the pillar to stabilize and continue your creations and your field for you, for now and for the future.
Now, close your eyes, while being inside the pyramid. Bring your attention to the left half of the brain and fully accept it. Then bring your attention to the right half of the brain and fully accept it. Now bring your attention exactly to the middle, between the two halves of the brain. This is the place where your energetic glass pyramid of creation is; from this place you will be creating. You don't have to do anything, just experience what it is like to be there.
Experience the silence, and then notice that images can come up, images you will see in front of you. Experience the feelings connected to these images. And if you feel like stopping, stop and release the attention. You are the boss of yourself, your field and your pyramid of creation.

You can now more consciously connect to your creator qualities. Finally…

Pillar of Djed

Finally...
Consciously creating.

Take your life in your hands.
Feel which way you wish to go.
Follow your intuition,
without restrictions,
free from fear,
without feelings of guilt,
but with
Love,
Attention,
Admiration,
Respect,
Freedom,
Autonomy and
Peace.

Hathors

Chapter 13
Heaven bearers

Dear people we would like to emphasize once again that you are living in an amazing time. You are constantly with one foot in the third dimension and with the other foot in your own created dimension, a field with a raised frequency, and this will only become stronger.
For many of you, the moving back and forth between the dimensions, feels as unpleasant and tiring, and that is understandable. We will teach you a few tricks to make it easier to deal with it. From our own experience we know that it does not always feel peaceful to deal with these changes in frequencies, yet, there also is another way to look at it. By changing our thoughts about it, our life changes. Realize that a day will come that you experience the big leap into a higher frequency to stay in it. From then on it will become easier, but maybe it is not yet the time for this for everyone. Again, you can experience it as tiring and inconvenient, and you can also change your way of looking at it. You are now so conscious that you would no longer want to return to your old third dimensional world. Therefore it is important to integrate your new world - your higher dimensional field - more and more into the third world, in which you still reside. Accept the third dimension for what it is. After all, if you would want to suppress or exclude the third dimension of being, you would also exclude a part of yourself. The art is, to embrace everything in your life, and to condemn nothing. If you can embrace the dualistic world of the third dimension, it offers you the chance to raise above duality. This is achieved by letting go of any judgments. You no longer have to think in terms of whether you are in the third or the fifth dimension. By no longer naming it, you will notice that it balances itself out. Your old world ceases to exist and you move to the higher dimensional being, created by you.

You can compare it with the pulling down of your old house, because it no longer served you. Naturally you will take care of a new and more suitable accommodation. This is the process you are in, you are moving, while experiencing being in between two houses.
Do you realize how important you are for all the people on the planet? Most inhabitants of Earth are unaware of the situation they are currently in.

You are!

Do you remember how in the preface we talked about the heaven bearers? We promised to look into this in more detail. In fact you all are heaven bearers. Yes, dear ones, you understand this well, you are the people connected to the energy of the heaven bearer. This resonates for you, now that we mention it. You carry the codes of the new paradise within you, and all the memories of the paradise are in your genes. You know what paradise looks like and therefore you can create according to the image of heaven or paradise. You hold this energy within, and you bring it out into the world.
Still you are not being noticed and for several reasons it is better this way. Without your efforts it would be impossible to build a new paradise here, while the old system is collapsing. Even that is not visible for most people around you and this results in you often feeling lonely in your assignments. Yes, we can feel it when you are feeling sad over this. You may feel lonely in your everyday experiences, but we tell you that you are our unseen heroes. You are the frontrunners, the visionaries, and today we tell you that you are the heaven bearers. You are like pillars of light, holding and anchoring the new reality for all people.
You are the ones who as it were are standing with your arms out into the sky to support and hold the new reality for it to be available for others as well. A day will come, that they too wake up. And you will have carried and held heaven for them, for the right time to arrive.

You, dear heaven bearers are now setting to work to hold this new world for everyone else on this Earth. How to do this? First of all by connecting to Mother Earth, by offering her your help and by showing her your respect. And then by creating your own fields as an image of paradise. This is followed by all your fields meeting. Where the fields overlap, a more powerful higher dimensional field is created, which will get bigger and more tangible.

Dear heaven bearers, here are some suggestions, to make it easier for you:

1. Let us emphasize the importance of fully embracing the old Earth and of holding it in your heart. It is what it is and it was created like this for a special reason.
   No energy will go lost.
   It is important to be able to fully let go of the third dimensional reality. From this state of being you can now fully embrace the new reality. Without judgment. Be neutral.
2. Let go of all judgements, even when you are in the energy of the third dimension. Imagine feeling sorrow or fear, then say to yourself 'this too is love'. After all, love is all there is, even in the third dimension. You yourself have contributed to keeping alive the dualistic division of love and fear.
   So, whatever you experience in your lives, do no more judge and say to yourself this too is love.
3. Another example: imagine you experience something from up close, which touches you deeply. No longer attach to the pain of the old world. Instead oppose it with something which can remove the destructive energy. Send hearts or your light, and then let go of it.
   No longer give it attention or energy. Do not feed the third dimension with your energy. Give your energy to your own field and to heaven on Earth.

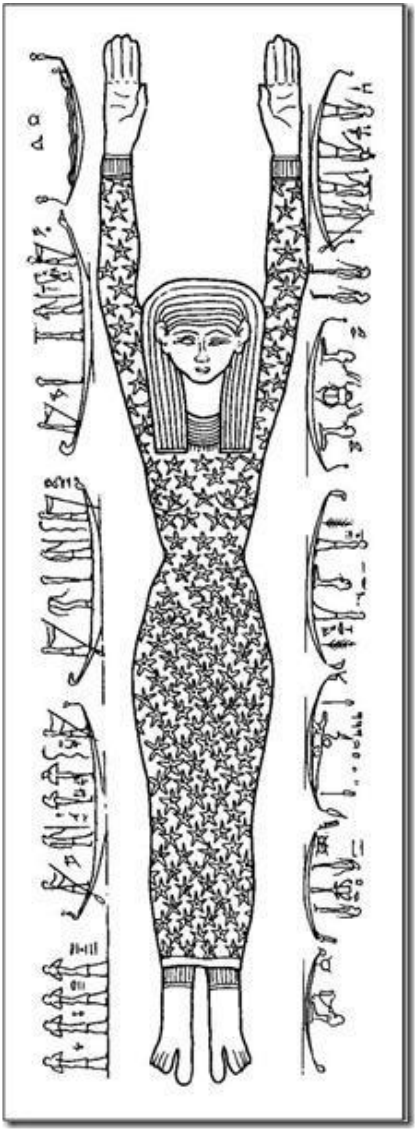
4. When you find yourself in a rather unpleasant situation, you can decide to see it, while still choosing to experience something else. For instance you hear people fighting. Step out of the energy of arguing and add your own image of love on top of it. You notice one thing and experience something else. You see and hear a fight, but you experience love.
5. Another example: watch less TV and especially stay away from the news. We know that many of you are curious about what is happening in the world, yet, when you are too concerned about it, there is less room for your assignment as heaven bearer. Try to see it with other eyes and to listen with other ears. Or let the images move beyond you, no longer give it reality meaning. Do you understand what we mean? See it as a movie and distance yourself from it.
6. It is important to learn to live and feel as if the old third dimensional world is barely or no longer part of your life. Look at the things from the third dimension and know that it is no longer your life, that it hardly exists anymore and that you no longer feed it with your energy. Save your energy for the creation of your field and of your new creations.

So many of you still feel guilty towards your environment, family or friends. So many feel sorrow because your loved ones do not understand what you are doing. Many of you still hold fears for the old world and believe that they can still be pulled into it. So many of you wonder if they are doing the right things. Sometimes you see family and friends experiencing big issues. You wish to help them, but they don't understand you. Let go, dear ones, focus your attention on your assignment as heaven bearer. You are the ones building the bridges to paradise, so that you can guide your family and friends to cross the bridge to the new world. Look forward to it. This is what is ahead of you, and maybe already in the near future.

Like no other we understand that you have taken on a heavy responsibility and assignment, and we also know that there are no mistakes. You are the chosen ones, chosen for your experiences and your dedication shown in many, many lifetimes. We honor you and we respect you in your assignment.
Allow us, if it resonates with you, to offer you some support. And allow us to touch on the last couple of remarks of this chapter as assistance for your assignment. Try to find or bring this piece of paradise into the third dimension of being. Do it slowly. But learn to live more consciously and with more discernment.

With every experience in your everyday life, ask yourself 'does this make me happy? Does this feel like heaven to me?' If so, continue with it. If you notice it to not feel like heaven for you, let go of the energy of it, stop doing it. For instance if you are watching a movie with murder and violence, ask yourself if you want to see this. Does it feel like heaven? If not, than stop watching it.
However, if something does feel right to you, for example listening to the lovely melodies of an orchestra in the theatre, than ask the cosmos to give you more of this kind of experiences. Place this music into your field as a new value: 'listen more to beautiful music, because this feels like heaven to me'.
When you have a small dog on your lap and you caress his soft pelt and it feels like a piece of heaven on Earth, ask for more of this kind of experiences. When seeing beautiful flowers opens your heart, ask for more flowers.
This is what you can do.

The heaven bearer



Bearers of the heavens

It is you,
who may take on
your creator power
to manifest
Heaven
for the entire world;
in the place
where you are.

It is you!

Hathors

Chapter 14
Creator qualities

Yes, dear heaven bearers, while you are residing in your higher dimensional fields, you can reach up your hands, like the heaven bearer in the image. Reach out your hands towards the sky and experience how this feels.

Reach your arms straight up to download the energy and then slowly bring your hands down, along your body with your palms facing the ground to let the energy flow towards the Earth. Then bring your palms together in front of your chest and lightly bend your head.
Repeat this move multiple times; we suggest nine times. This way you bring the heavenly light to the Earth and to your heart, while also energetically opening your power center in your solar plexus.

Taking on your own power is of high importance for creation. You also need your pineal gland for this, as it is your cosmic connection, functioning as an antenna.
Some rulers on the Earth have done everything possible to try to shrink your pineal gland. After all the pineal gland allows for conscious and spiritual humans, who know what they want and who create accordingly. Conscious humans can be experienced as inconvenient, as they do not suit the plans of others, who rule your Earth. If you would quickly see through the game, you would no longer be obedient.
Adding fluor to your drinking water and toothpaste has not done good to the pineal gland of many of you. Most of you are now aware of this and have been able to upgrade their pineal gland through detoxing. Every day you can add to your field that your pineal gland is being upgraded. See how an activation of light takes place in the middle of your head, behind your nose bow.

Many of you may regularly experience pressure in their head in varying degrees of intensity. Some will more often have (head) colds or experience inconveniences with their ears and/or the neck. All of this can be related to the cleansing of your pineal gland.
If you wish to, regularly put your hands on your forehead, at the height of your sixth chakra, and intend for your pineal gland to be upgraded.
There is a remedy, called mono atomic gold[17], which can also help activate the pineal gland. Make sure to feel if this remedy would be good for you. This mono atomic gold was developed through a secret procedure in the ancient temples of Egypt. It is also known as omus. It is a white powder consisting of gold and certain types of soil. It is not gold as you know it. It was - and is - kind of an elixir of life, especially back then for the pharaohs.
You can equally take this remedy in an energetic way, by visualizing it. Maybe you know of colloidal gold? This too can be used as a conductor of light and love. Only take this remedy if you are not allergic to gold.
In our time on Earth, we too have used this gold. Know that gold has the highest vibration and that it helps strengthen your light body.
In chapter 12 we talked about your glass pyramid of creation, which you can place in the middle, in between your two brain halves, right where your pineal gland is. Now we will explain how you can further use this pyramid.
In fact you have always created on Earth, but it was on a subconscious level and directed from the left half of your brain. Now you will start to create consciously, from your heart and in collaboration with your mind. To truly manifest your creation, the feeling of love is necessary. It may at the start feel a bit unaccustomed. Don't let it throw you off balance,

[17] Also called gold powder or white gold powder, it exists for many centuries already. Already in ancient times the Egyptians and Sumerians knew about the value of this special type of powdered gold. They gratefully used it to obtain optimal health. It is said to improve mental clarity, focus and concentration by balancing the two halves of the brain. It equally lessens stress.

you will soon recognize this method. Let us start with asking you a few questions:
What if… all that you see and experience is only an illusion?
What if… you truly live in an illusionary world?
What if… everything you always believed in, doesn't exist?
You have slowly become convinced of this too, right?
What if you now consciously step out of this illusion and start creating a new illusion; a world which would now suit you better?
Do you know the saying: you are what you believe?
What do you believe?
What do you want?
What is your intention?
Do you still believe in fear?
Or do you believe in love?
Do you still believe in lack?
Or do you believe in abundance?
You decide your beliefs!
You are living in a hologram[18], connected to beliefs and belief values of the collective.
If the collective lives in fear, you are drawn into the hologram of fear.
You may feel that it is time for a new hologram, a new reality, better suiting you and your environment.
How would you like to place another hologram?
It all starts with you. It starts from your beliefs. But even more, it starts from love.

[18] A created energetic field, in which a dimension exists. Within this field it is possible to experience and learn in kind of a virtual world, which can be experienced as very real. When you understand the field, recognize the rules, acknowledge and outgrow it, you realize the illusion of this created field and are able to exit it. For example to create a new field in a new higher dimensional sphere.

The coming into being of a creation:
When an artist starts working on a new creation, he knows that he cannot create it all at once; time is needed.
A painter for instance, first looks at the fabric on which he intends to paint his creation and selects the colors. Often he will make a rough sketch on paper. If he is commissioned by someone, he needs to take the client's wishes into consideration. He may even sketch the design on the fabric with a pencil. Bit by bit it takes shape and becomes clearer for him. During the process he continues to look and adjust, to paint and remove. He develops a deep connection to the creation and in a way falls in love with it. All the time he needs to be aware of the original design. The more he progresses, the more enthusiastic he becomes, because he sees how beautiful the paining becomes; the result of his creator power.
The image is created in collaboration with the cosmos as he uses the right half of his brain, thus allowing the cosmic powers to assist him. He creates according to the Divine. He knows that by letting go of control, God/Goddess can work through him. In collaboration with God his artwork can become much more beautiful and of a higher frequency than when he would only apply his own will. Through his love, enthusiasm, sense for beauty, bubbling energy and his surrender to the Divine, he creates as a co-creator of God/Goddess, to God's image.
His creation has a high frequency, as if the light sparkles from it. He feels it, and others feel it as well. This is the birth of a creation.

There you are, in your glass pyramid of creation. You have started your design. Is it in line with Source? Do you feel the love, the enthusiasm, the stimulus to create? Are you itching to start? Do you realize that it starts with small steps? Then, let the process unfold within you.

While standing in your own field, in your glass pyramid of creation, you can see your field through the crystal. The pyramid is energetically located at the place of your pineal gland, in your head. You are standing

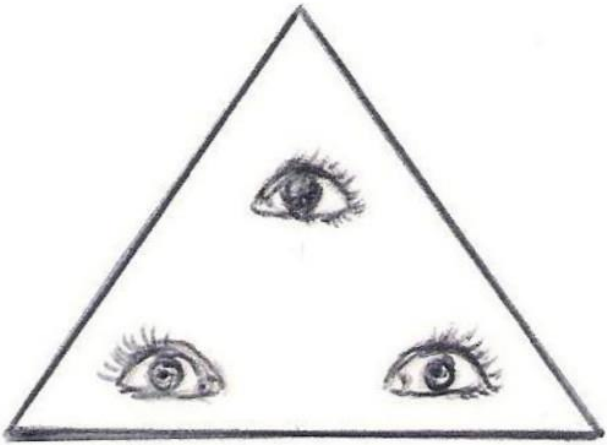
right in the middle, below the top of the pyramid. You experience how your seventh and eighth chakras extend into the top of the pyramid. It is as if an antenna is growing from your head, meeting at the top of the pyramid. From the top of the pyramid your antenna is strengthened and continues to the cosmos. You feel how the energy builds above you, and you feel light flowing down from the pyramid right into your pineal gland. Through your sixth chakra this light leaves your body at the front. Your eyes are connected to your third eye, your sixth chakra, and create a triangle on your forehead. See the image below.

While looking out through the wall of your pyramid, it is as if you are seeing with three eyes. Experience the power of the light shining out from your third eye. You can use this triangle for your creations.

Now imagine what you would like to create. Start with something concrete. Or imagine how a certain situation in your life could be better. Through your thoughts you create life changing experiences. Visualize the object or situation with your three eyes, your two physical eyes and your third eye, in the middle of your forehead. Send the image through your pineal gland and your seventh chakra to the top of the pyramid and say: if it is for my highest good and with the permission of the cosmos, than I ask for the manifestation of this creation (name your creation here).

When you have done this, let go of the image and consciously step out of your crystal pyramid. Be aware of still being in your own higher dimensional field.

Don't be disappointed if you do not instantly see the results, but be truly surprised about what can happen. Creations unfold in their own unique way. Be grateful for all the good you attract. Gratitude is part of the creation. The energy of gratitude creates space to welcome more creations into your new world.



The third eye (at the top, your sixth chakra) and your eyes.

Examples on how to use your three eyes:

- Look at your food with the intention to upgrade it.
- Look at a certain situation you are in, and intend to upgrade it to a more loving situation.
- Look at someone and send love.
- Look at a certain body part, which is in pain, and intend for it to heal.
- Look at a pond or the sea to purify the water.
- Look at an accident to upgrade the situation and to create peace and calm.
- Look at your pet to connect to it and to better understand it.
- Look at your environment to create heaven.

God connects
to God within you.
Goddess connects
to Goddess within you.
The creator power is given to you.
Use it for yourself,
for the highest good
and with the highest love.
Also do it
for the highest good
of the Earth
and its inhabitants.

Hathors

Chapter 15
Channeling light

Your glass pyramid of creation is a tool to become more aware of the fact that you are the creator of your own reality. This has never been taught to you as such, but you were given the chance to discover it yourself, and this is truly important. It allows for many changes to take place and for your own creations to become expressed. Isn't it amazing to realize that you are a co-creator of the vast Divine plan? How would it feel to you to experiment with this more clearly? Through this knowingness your consciousness will continue to grow.
You can support this process by channeling more light and by bringing it onto Earth through your Higher Self[19]. You are the light-bringers here on Earth, walking among the people. You are the heaven bearers walking on Earth, while meanwhile connected to the new Earth. Here to channel the light of the universe and to bring it in, as nutrition for humanity, the animals and all what lives. The energy you spread, will make the heavy third dimensional energy vibrate higher, to bring everything alive to a higher light frequency.

Everything is being drenched with Divine light frequency and this will influence your environment. You can apply this ever more conscious, because everything you do consciously will get a clear boost. Pay more attention to this, visualize the light and experience how it works through you. The heavy negative energies are lifted, transformed to a higher level; this is alchemy. You all too well know that on the old earth a vast old dirty mess is trembled loose; old pain, grief, sorrow and traumas.

[19] Our Higher Self is a bigger part of our True Self, residing in the fifth dimension or above. It is such a magnificent being that it does not fully fit into our body. It directs our soul if we are open to it. Our Higher Self has the overview of our goals and plans.

Also aggression and disrespect intensify, especially towards the Divine creations. For instance Mother Earth, her beauty and nature, but also humans and animals are less and less appreciated, less cherished and less protected as being Divine creation.

It is no fun to notice this. Know that your downloads of light energy can stop this. Know that your light and the remembrance of paradise can change all of this. Not by allowing yourself to feel sad over what you experience in the third dimension, or by anger, or by feeling depressed about it. All of this won't help. The answer is to channel pure light and to spread it from your heart. Know that this light will also work through you, and that it will first do its work within you. Many of you have been doing this for years already, and know what we are talking about. First you will have to clean and transform everything within you. Your traumas, your blockages and your fears are through the light raised to higher levels and will transmute. This process may have scared some of you away from working with the light. When you offer yourself as a channel of light, it may at first feel as if you are moving backwards instead of forward in terms of growth of consciousness. But, dear ones, the good news is that it only seems to be like that. You are becoming clearer and clearer, purer and purer and we can see it. We see that you have worked hard and that many of you are very close to your goals. Therefore be loving towards yourself, allow yourself time to rest, isolate yourself if you have to. Take time to recover. Take on the challenge to go through this process, in love. Don't be rushed, do not panic, be in peace, in self-love. You are healing dear ones, and this is a deep purification. Sometimes you can even feel ill. Know that this is a natural process. At times you may feel abandoned and doubt may arise; 'am I still on track?' Yes, dear ones, you are indeed on track. We know that many of you experience backaches, headaches or stress. We even notice that you feel split by the experience of being in two or even more dimensions of being. We are aware that you sometimes doubt your senses, that you

sometimes wonder if this is it, and that you don't want to be here any longer if this is it. Or you feel truly as if you are mentally or emotionally twisted. Many can no longer experience their angels and guides because of the intense processes they go through.

At these moments we would love to take you in our arms, caress you softly and tell you it is going to be alright. Know that this passes and that through this process you get more and more space in your inner channel. You become more clear as a channel and one day you will all of a sudden feel 'Today it is different. Today a shift has happened within me. Today is the day I feel freed, in peace and calm.'
And truly dear ones, this day will come for all of you. Look forward to it and realize that the tide turns on that day, and that from that day forward everything becomes more easy. It is the day your traumas have been transformed. You will blossom from the inside out like a lotus flower opening her petals in your heart.
Visualize your lotus flower. Place it in your chakras and feel the joy it brings you. The lotus, symbol of rebirth, signals that you can climb higher and higher from that day onward. From then on you experience more love and an inner smile bursts out. You feel truly more connected to feelings of joy and peace within yourself. You will notice that people want to be close to you and that they ask you how it is possible that you look so good. From that day onward the field around you becomes lighter and lighter, more tangible and supported.
From that day onward you connect more to others and step out into the world. You skip happily and you hear your guides. We see the joy flow, and the energy connected to it. The sparkling you is born, rebirthed in your transformed body, connected to the higher part of your true self.

Dear ones, you do not wish to miss out on this, not for all the gold in the world. And it is not without reason that we use the word gold, because gold can influence your situation a lot. You can wear gold in the form of

jewelry, to assist your processes. But it is already enough to visualize energetic gold in your body and field, to assist your purification time.
Do not passively wait for your special day to arrive, be in a state of being which gives you the least stress possible. Even if your surroundings do not understand it at all, you do. Hold clear boundaries to situations or people, even if this is difficult for you. This time ask of you to focus on yourself. You won't let yourself down, will you? Know that finally each of you will arrive in lotus-flower-land. Lotus, the symbol of rebirth in the new reality. From that day on, you will be more focused on the new world and spend little time in the old one. The old world will slowly fade away, like a movie, existing out of your reality. You can look at it as no longer belonging to you; you no longer recognize it as your world. Your energy anchors in the new earth and you ground yourself in the new earth energy.

Daily place this consciously in your field: 'I ground myself in the new earth energy.'
Feel how you become stronger, like a plant which was moved and its roots need to get used to its new place. Connect to the sun and the water of Source. Extra focus and rest help to better ground; just like the plant. And slowly you start to fully blossom.
We see it and are delighted, together with you.

Lotus flower

Chapter 16
The crystal palace

We see you at work with your daily rituals of creating your field. Many strengthen their field by giving it more and more attention, and by being in it more consciously. Everything needs time and as such you understand that there is no need to rush.
When placing your field around you again today, take a look around while standing in it. Your own created world is beautiful, with a panoramic view. You see a magnificent lake, meadows, mountains and your glass pyramid of creation. The sun is shining on your body and does its job. Symbols, like the Pillar of Djed, which ratify your creations, are clearly present. Just like your other symbols are more clearly visible and tangible: white doves, white roses, a down bed, lotuses in the lake, hearts of gold, playing, happy kids roaring of laughter, butterflies of transformation, Quetzal the Divine bird et cetera. The codes (chapter 9) are integrated into your field and you feel at ease and in peace.
Today, we give you a new extension of your fields.

In the far distance you see a hill, steps are carved out of the rock. Curiously you approach. While getting closer you notice that the steps are easy to climb, and we tell you that each step presents a dimension. You slowly climb the step of the first dimension and feel the effect it has on you.
Continue to climb the steps of the second and third dimension and experience how the energy builds within you.
Slowly continue climbing the steps of the fourth, fifth and sixth dimension. Pause at every dimensional step and sense how it is for you. Continue to the seventh, eighth, nineth and tenth dimension.

You start to realize ever more that you are multi-dimensional beings, capable of visiting many dimensions. Some of you still hold on to the fifth dimension, but dear ones it is so much vaster than you believe.
Sense how it feels, like you are expanding. Experience how you are now vibrating and feel free to open your eyes to look around.
Continue climbing the steps of the eleventh, twelfth and thirteenth dimension and feel the joy in your heart. Feel how gratitude is running through your veins and how light embraces you as a lover.
When you get used to this energy, look around and see the crystal palace in all its glory. Walk towards it; this is a familiar building for you. Many of you know it from the dreamworld and have taken their night-time classes in one of the rooms of this palace, which is also called the Halls of Amenti.
Move on to the big crystal gate and enter the long corridor leading to a grand room, looking like a circus tent with a ring in the middle.
The ring is the center of the palace, a magnificent high hall, immensely high. Through the crystal dome light flows in, filling the hall with magnificent loving yellow-golden light.
From the entrance hall, where tall crystal pillars support the roof, several hallways, all of them starting from the big hall, lead to smaller halls with all kinds of beautiful rooms. These round rooms are best described as university halls. Feel free to visit and to take a look in all the rooms, hallways and in the hall with pillars, which seem to reach all the way to the sky.

Here in this magnificent palace, all souls meet for their lessons in wisdom. Every soul, that wishes to, can come here, you too. The Halls of Amenti are grandiose and this also emphasizes the vastness of your souls. Here, all wisdom is collected, gathered by all beings in many lives on Earth, or elsewhere on the millions of other planets. Everyone can take advantage of what has once been discovered or experienced.

We did not want to keep this knowledge from you and it is a honor for us to guide you here and to bring it to your attention that you can visit here for all information. There are many librarians taking care of the filing of all knowledge. Also a kind of computers are used for all reference books.
There are halls where movies are being shown, and there are so-called experience halls, where a soul can experience what it wishes to learn. Many teachers, wise women and wise men are present and some of you also work here as a teacher. This can be in the nightly hours or as other aspects of your soul, which have a different assignment. Your higher selves frequent here too. Apart from the many teachers, we wish to introduce you to an important person, the head of this magnificent crystal palace. She does it as a side job, as her vastness reaches much further, indescribably further. She is the Goddess next to God, called Sophia. This Goddess of Wisdom has asked us to introduce you to her.
If you wish to, you can visit the Halls of Amenti and we will introduce you to Goddess Sophia. Ask us or your guides for assistance. This can happen during a meditation and it is also possible in your dreams. When you ask for it before going to sleep, you are guided in your dream.

Sophia is a magnificent being. Often people know her as the woman with the golden hair and the yellow-golden dresses. Her inner wisdom is immense and goes beyond our understanding. She is co-creator next to God in the creation of planet Earth. She has an important role in this time of ascension of planet Earth. She needs you to assist her with this. The assignment is all about inner love and rest, and the contribution of the Divine feminine on planet Earth. The more beings on Earth can radiate this inner love and rest, the easier she can fulfil her assignment. For this you move beyond your fears, feeling safe in every situation presenting itself. This is not a small thing, as certain powerful groups of people on your planet do everything possible to push and keep you in fear. They do this for a reason. Fear creates a lower energy and it keeps you low in

your energy, which prevents you from growing and ascending. The ascension of humanity does not serve these beings in power. They have another agenda for planet Earth, based on lower values like lust, power and greed for themselves. Through this they try to obtain everything which gives them pleasure, at the expense of humanity and the planet. Finally this will lead to their own downfall, but they do not yet realize or acknowledge it, blinded by their own goals, related to money and power. They believe to know that humanity will surrender to them as long as they provide so-called security. But bringing safety to planet Earth is not what they aim for. It is safety in name only, based on the fear of humanity and power for them. Power is what they want. They are masters in manipulation through fear and they know that fear paralyses many. As a result humans will barely have courage or strength to move and to defend themselves. Where fear rules, there is no room for love.
Sophia asks you to look beyond the illusion of the third dimensional reality and to feel safe in every experience. Therefore spend some time daily on creating the feelings and energy of safety in your fields.

The Earth is safe.
Ascending is safe.
My field is safe.
My environment is safe.
All I do is safe.
I am safe.

Ask you guides and angels to confirm your feelings of safety. Know deep inside that you are safe and that everything bringing up fear is an illusion. This way you can more easily hold your frequencies and download ever higher frequencies into your body.
You are the heaven bearers, you embody the light. And light carries wisdom. You activate and raise both your own and the Earth's level of conscious.

Chapter 17
Courage

Dear, courageous brothers and sisters. We are proud of you and we notice how you courageously continue your collective processes.
Many times you have done this type of work, both here on Earth and on other familiar planets. You are well-prepared and that is why you feel such power within. Most of you sit straight in the saddle and continue on your path of ascension and the creation of a new reality. Most of you sense little need to work in the sight of others; you do not need to be seen. You have noticed that working in the background comes with certain advantages. That is, why you powerfully and courageously continue, without applause. Your egos no longer need ratification of others. You have familiarized yourself with ways to keep yourself afoot, also through self-acknowledgment. You know that you are being honored for your work and that all possible support is given from the light worlds.

It takes courage to continue. It becomes clearer for everyone living on Earth, that they have long been fooled. Humanity is awakening at an accelerated pace. A certain group of people, who have long ruled your old world, now realizes that loosing control over the world and humanity is imminent. We told you before that this will result in a fiercer image in the world. At all cost they want to stay in control and to draw humanity into their self-designed plans, and finally into their own abyss. Again more situations are being created to deepen your fear. We are not going to list examples; you all know them. Why no examples? Because it is unnecessary to lower the high energy you are in.
We advise you to not step into these lower energy of situations in your environment and in the world. We do ask you to not close your eyes for it. Stay informed about what is happening on Earth, also to be able to

understand your friends and family. However, these lower energies can no longer affect you; you have become skilled in dealing with and holding off these energies.
We recommend to you, to stay balanced. Balance is very important, to prevent yourself from losing energy through the energetic swings you are experiencing. Keep your balance, stop judging. Stop judging, but don't close your eyes. Continue to observe and do so with discernment. If you have not yet mastered it, the cosmos will provide you more exercise. Let go of your ego. The less you hold onto it, the more you can step over whatever happens to or around you. Forgiveness is the way.
Stay in love, also when people in your surroundings experience your light, but cannot yet endure it. After all, your high light frequency shakes loose the darkest dark within them. Don't be surprised when others out of the blue start to scream at you, or when they become aggressive. It is part of your assignment. Go in compassion for all of them, continue to see their beautiful soul essence and forgive them. Send them the energy of compassion and place light around yourself. Even if the other says 'I hate you', answer 'I love you'. Know that this is the only way to move on. We know that this asks a lot of courage, and we know that you are strong and powerful and that you are capable of 'white washing' these dark energies. It is kind of an alchemical process. You are capable of mastering any emotions this may bring up for you. Through your self-love the dark is transformed for the new world.

Stay in peace and practice this every day. Bring peace into your field and into your environment. Wherever you go, let the energy of love, light and peace flow. Radiate gratitude, be grateful and feel what this does to you. Feel how the energy of gratitude and peace flows through your veins.
Be willing to serve as an example to others, but don't let it be at the cost of your own well-being. None of you needs to be bullied. No-one. Be fully aware of this. The new energy no more allows for bullying. Speak with power, mixed with love. Do not allow anyone, who is not welcome, to

enter your field. Work on yourself and on your positive self-image. Work on self-worth and be aware of your impact on your surroundings. Your inner strength is noticed and many will see the changes in you. Freely shine your light. No longer hold back, Mother Earth needs you. Humanity and all living beings need your loving light powers.
No longer connect to your old selves. These old versions of you will die off, just like the old earth. If you take a close look, you already see the new earth shimmering through it, a new reality is already visible. Through all your inner work and the work with your field, this will now also result in outer changes.
Your earthly blueprint has been raised to a higher level of being. You can now shape yourself entirely to your own liking and to your own choice.
Who are you?
What is your essence?
What is your assignment?
What do you want to look like?
What is important to you?
Do not wait for your old self to be entirely crumbled, before staring to create your new self. Be already aware of your new self. Realize that the more you can let go your old self, the more you can embody your new self.

Go visit the source in your own field. Plunge yourself into the healing spring water to set all old beliefs free in the source, all old thoughts, patterns, conditions; let it all go.
All old ballast will be transformed for you and you literally feel yourself falling out of your systems. Consciously let go of the energy of your old selves. The power of beliefs has long held you into the old matrix. Now the power of belief sets you free from all this old ballast. It is the right time dear ones. Do it with conviction and with lots of self-love.

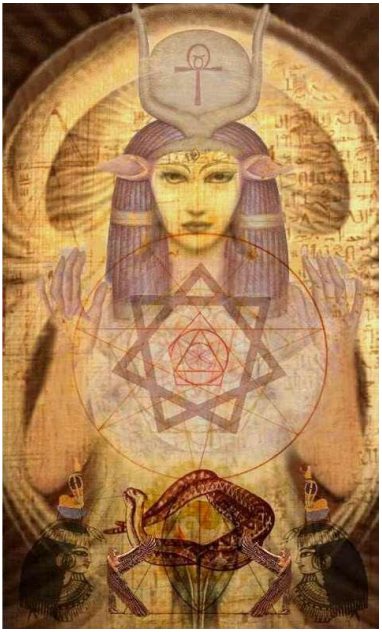
Let go off your old selves. Create a whole new image of self. Do it for yourself and visualize it. Like this the following items will show itself from inside to outside:

- When you discover your inner power, it will show itself as strength in the outer world.
- When you develop an inner belief, it will become an outer belief.
- When you create a new self-image, a new appearance develops also.
- When you develop a positive inner self, it will show outward.
- When you gain inner knowledge, it is used outwardly.
- When you develop inner beauty, it becomes outer beauty.
- When you develop inner wealth, it turns into outer wealth.
- When you have inner self-worth, it becomes outer self-worth.
- When your inner consciousness grows, it becomes visibly applied higher consciousness.

We recommend that you continue to develop your inner consciousness and to aim for self-mastery. Ask for the right answers and ask for amplification of your inner knowledge, and it will be handed to you. Knowledge is very important, but wisdom is of even more importance in your whole state of being.
No longer listen to what others say, no longer be guided by the people telling you what you actually already know. Have faith in your own knowledge and ask for knowledge and wisdom to come to you, in a way that suits you. First connect to the Halls of Amenti, if you wish to, and connect to Goddess Sophia for knowledge and wisdom.
Ask for new downloads into your field for your new self. Ask for higher knowledge of your world and other worlds. Remember your knowledge.

Visualize how it flows into you, and how it settles at the right places in your body. Feel how much light and love comes along with this golden magical light download into you. Thank her and give yourself time to let it all integrate.

Dear courageous brothers and sisters it is such a pleasure to collaborate with the energy. After all everything is energy. And now that the light frequency within you is being raised, the energetic impulse will noticeably work within you. You vibrate on a for you higher level of being. You raise above your old self. Welcome your new self.



Being conscious...

of who you are,

of what you do,

of what you want,

of... where you come from,

of... where you go to,

of your goals

and of how to reach them,

by being

conscious.

Hathors

Chapter 18
Creating the new world

Today we want to let you know that soon the day will arrive when your fields are strong enough to rise above the energy of the third dimension, which you have been connected to all of your life. You rise above your old lives!
Because you have in a way placed an entirely new multidimensional field around you, we will hand you the next step: the placing of your new fields over the old third dimensional world.
Now that your new fields have already become more powerful, you will start living more and more from your new, self-designed multi-dimensional reality. You have been experiencing this paradise for a while already and actually you want to be there constantly. Probably you felt for a while already that you had distanced yourself from the old world. Maybe you needed a lot of rest and sleep to develop your new field and to anchor it within you. Maybe you more and more felt the desire to be in a place where love, respect, abundance, health and light rule.
Often you felt you were standing in the cold when you again entered the old drama of the third dimensional reality. This may have temporarily disrupted your field and your balance, before being able to reconnect to the harmony of your own paradise.
Some of you are better in dealing with imbalance than others. Especially the sensitive ones among you find it hard to maintain the inner peace, while being in the old reality. Also, because they experience so many energies of other people, for instance the problems, pains and emotions. It is an old mechanism of many of you to pick up on these energies and to help them carry or transform for another. This is no longer your job. Your goal as a heaven bearer needs to stay clear, and you are allowed to focus on this goal. The goal is to bring heaven on Earth, to help download

the higher energies and to transform the old. Also, you notice that more people cross your path, who can see your light. They may want to feed upon your energy, which is also no longer meant to happen. Everybody has a direct connection to Source and can receive the light through his/her own channel.
We now like to hand you a sort of manual of how to handle the integration of your higher dimensional field, while equally being in the old reality. With the remark that we have already talked about this in previous chapters. Maybe you wish to go back to certain information in chapter 13.

In the meantime, your old world is more and more falling apart. Dramas are playing out on the earthly stage, all related to the old repeating themes. Mostly based on power, money, greed and above all religious beliefs. In the name of your 'Gods' many wars have been fought and lots of blood was shed. We can be brief about it: which God would want this? From our opinion the killing and fighting has not been done in the name of a God, but in the name of all who did it and still do it. They will have to take on their own responsibility for it. Many fought out of ignorance, some fought consciously to gain power and abundance. Dear ones, this has always been your theme: power, greed and the evil versus powerlessness and poverty. The dark in opposition of the light. Isn't it about time that humanity starts acknowledging the real God and Goddess?
Many of you feel deep inside the pain of the suffering of humanity. Suffering has been around throughout the centuries. It is time for it to stop, don't you think so?
We do not ask of you to name your God/Goddess, as it would be a continuation of the madness the world ended up being in. We do ask of you to connect with the Divine qualities within yourself. Fully believe in the qualities of God/Goddess, like: unconditional love, respect, compassion, satisfaction, peace, prosperity, bliss, gratitude, forgiveness,

health, beauty, strength, courage and wisdom. These are Divine qualities, to be lived by you, for both your inner and outer world to grow in consciousness, light and love. Also check the list added at the end of this book for more qualities.

Right now we like to address you, and to tell you how proud we are of you and of your ability to persevere and grow. You are the ones who are now integrating your fields in your outer world. This means that you place your light here on Mother Earth, and that you use the power of thought to expand and realize your new world, and to transform the old. You may expand your fields and connect to the other heavenly fields of your brothers and sisters. Let us clarify this.

When you expand your fields in the third dimensional existence, you do not have to lower your energy to the level of the third dimensional world. In a way you place your higher dimensional world on top of the old world, so that the old one can be transformed to the new one. You do this by using the power of thought, your light energy and your love. You can also use the other Divine qualities, as listed above. Intend to place the Divine qualities and the Divine light onto your new Earth. This is your assignment. It will have unprecedented value and is equally a feast for the soul. You reside on a higher dimensional level, while walking on Earth.
Maybe you still experience imbalance, for example in the form of fears coming to you, through the news or by experiencing less pleasant situations in your surroundings. It is equally possible that you are carried away by intrigues of everyday life, in which people may expect your reaction. It is wise to no longer voice a clear opinion, as this asks of you to play in the dualistic game. It is recommended that you use your discernment and to inform yourself well about the situation of the old Earth, for you to have a clear image of what is going on in the third dimension. By no longer attaching to a clear opinion or judgment in the

old reality, you can be more neutral. Also, try to approach every situation as positive as possible. Even if you do not yet feel it inside, be positive towards the outer world and avoid the dualistic fight. The same applies to certain fears which can arise, try to disconnect from the feeling of fear and understand that it is the illusion of the game. We will not go deeper into this, because we do not wish to connect to it, and we assume that it is the same for you.
As soon as you form an opinion or take a stand with regard to something, it can create a dualistic drama, lowering your vibrational frequency. We all too well realize that this is not always easy. Then see it as an exercise and don't be disappointed if you do not instantly achieve your goals. Let everything be. Always maintain a certain calm, yet be alert and work on holding your consciousness at a higher level. Always keep your fields firmly placed around you and add extra protection, for example, by placing a hedge of white roses energetically around your field; as a sign of purity and protection.

While functioning in everyday life, you can achieve many changes in the energy to experience this paradise. Imagine you wish to visit someone, then send the energy of paradise with light and love ahead. This can be like this: 'When I arrive at my destination there will be joy.' Or: 'When I arrive at my destination, the place is energetically clean and I will have a pleasant visit.'
If you have a conversation with someone, keep it short and imagine beforehand what it will be like. For instance, the conversation will flow easily, I can find the right words and will achieve the right result.
Start everyday by setting your goal. It can be a goal to solve a problem at work, or a goal about experiencing your health et cetera. For every goal, add that it will happen optimally, in a way suiting your current frequency level. Program yourself in a way, that when it does not work out the way you had desired, you can still experience it as positive. Don't be upset over a not achieved goal as it will lower your energetic

frequency. Simply set a new goal for the next day. Do everything with love and gratitude. The power of thought, fantasy and imaginative powers are conditions to set goals. Have faith that everything happens as it is meant to be, suitable for that moment in time.
Ask for the help of your guides or angels, whenever a moment arises that you need assistance. Beforehand agree on this with your guides. Briefly connect to them and say (in silence): 'Guides, help now.'
This is an example of placing a higher dimensional field over the third dimensional field. Sometimes it requires some preparing, concentrating and the use of the power of thought, as well as visualization of the goals you wish to achieve. Symbols can very well be used for achieving your goals. Visualize your world in a way that makes you happy. Let the butterflies flutter around you when for instance you are at the hairdresser, when you do grocery shopping or when you cycle home.
Go for a walk and visualize dancing fairies and nature beings dancing in the forest. Let lotus flowers appear in a ditch. Visualize golden dolphins swimming in the pond. Visualize white tigers, peacefully sleeping in the sun. Use your fantasy. Do not limit your fantasy. You are the creator of your own reality. Enjoy it!

Summary:

- Be as neutral as possible. Avoid drama.
- Be positive and optimistic, radiate love and practice forgiveness.
- Place your own field firmly around you; with protection. Walk around in the old world, yet, already see the new one shimmering through it. Let go of the old and define the new yourself.
- Be in rest and equally alert. Create a fear free field.
- Live according to the Divine qualities (list at the end of this book).
- In the morning define one or more goals to achieve that day. Set the goals in terms of: 'when I arrive at my destination there will be a good atmosphere', or 'I will go through the day without being tired'.

- Decide beforehand that things work out optimally. For example visualize how a conversation, a visit or a trip will go. Et cetera.
- Program yourself to forgiveness and gratitude. Avoid disappointment when something is not working. Let go of your expectations and then create the desired goal again.
- Sharpen your power of perception, by practicing it.
- Use the power of thought and your fantasy and have faith in the way it works.
- Optimize your power of perception. Ask yourself time and again: 'Is this true?'
- Ask for the help of your guides.
- Use your third eye in combination with your eyes (as the triangle) and imagine things the optimal way. Use the power of visualization.
- Work with the symbols, you also use in your own field. Also add these symbols to the vast collective field of the new reality. See what you wish to see, by creating it yourself.

Chapter 19
Faith

Dear ones, when you start your daily tasks do it with full faith that things happen the way they are meant to be. It is so important to trust, because when there is faith, there is no fear. Fear was created to distance people from their own core and from their goals. That is why so many humans are currently not their true selves. Many have their hands tied, doing things they do not really want to do. But they feel they have to do them, because otherwise they won't have any money. No money means no shelter, no food, no clothes or other necessities. This in fact means that people are not living the life they had intended. Deep inside this makes many angry. They feel as if they are out of control; someone else is in control. They are not in charge themselves. They no longer feel their own autonomy; they feel dependent.

They plod along and it only seems to become worse. This is what you see happening in the old world around you. For many there are no more positive outlooks and it makes them angry and insecure. You could say that many still reasonably control their anger, yet, little is needed for the dissatisfaction to burst out.

We have already extensively talked about the theme anger in the book Healing with Hathors and it is now very much relevant. For many, anger is needed to be able to create the shift; as long as they use the anger in the right positive way. Unfortunately, we often see the opposite: anger is currently used from powerlessness, leading to violence with the less powerful people being the victims.

We want you to be aware of the fact that there are beings, living on your planet, who feed on these emotions of powerlessness, pain, sadness and anger; in fact they live of it. These beings, invisible to most of you, will do everything possible to trigger more of these negative emotions in humans. They know no mercy and will create situations, which can

escalate. That is why we advise you to stay away from these negative intense emotions, as much as you can. Avoid environments in which these emotions are powerfully present. Avoid protests, aggression, scolding, negativity et cetera.
We too have physically experienced how powerful emotions can be, and we understand it if you happen to fall in the trap of emotions again. We ask of you to practice, maybe with each other, to trigger emotion, to feel it and to let it flow away, as it is meant to do. Do not hang onto these intense emotions, do not attach to them. Do not see emotions as a possession. Instead try to release the feeling of intense grief, pain or anger ever faster and regain your balance. Master your emotions. Not by pushing them away, but by feeling them. So many in the old world are full of unhealed emotions. These emotion vampires, as we will call them; these beings you cannot perceive, use them. We know that many of you know what we are talking about and we do not wish to give too much attention to these beings. They are not worth it, but you need to know about them. Most of you can perceive them in the form of an unpleasant feeling around the solar plexus, or in the form of intensified emotions of fear or grief; more intense than you would call normal.
Some people are, by these beings, drawn into doing things beyond their own will. These deeds could be labeled as bad; and this is a gentle way of labeling. It is important to recognize these beings and to send them away. You can do this by calling upon the assistance of Archangel Michael or us. Purify yourself every time you think about it and say the following: 'I give all energy of others, still within me, back to the others. And I reclaim all of my energy which may still be left behind with others.' Fill yourself with your own Divine light; this is your highest protection. This way you leave no room for anything else.
Briefly we will touch on the herb, which smoke dissolves many negative energies. It is the herb called Californian sage. We recommend using it regularly. Light the herb with fire, then smother it and use the smoke to purify yourself or the room.

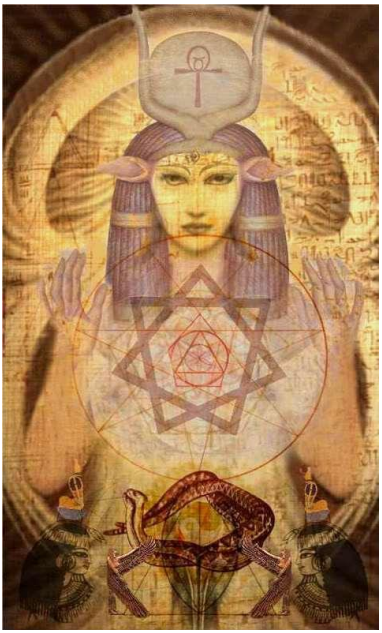
You may also recommend this to others. Trust that the smoke of the white sage will purify your aura. Yes, we get back to the theme faith, which we wanted to discuss in this chapter.
Trust that everything you need, will come to you, despite certain hindrance you might experience. Trust that, although you see the old world crumble around you, the new world is already there. Trust that you have the strength and power you need to do your work. Have faith that all is in Divine perfection.
First manifest in your energy, and through this pull it into your energetic fields. The materialization in matter will soon follow. Manifestation will ever sooner follow on the thought. You do need to ask for it, and you may visualize what you ask for with your thoughts. Let us give you an example.

Imagine, you need white sage, but it is not available in your area. Pull the white sage energetically towards you, by saying in silence 'sage, sage, do your work', and it will happen. Ask to be experiencing the effects of the sage already. You can also call on the being of the white sage and ask for help. For instance: 'being of the white sage, purify my aura, now.'

Have faith, dear ones, that this way, you can pull everything towards you, regardless of where you are or what you do. You may make a mantra of it:

I trust to always be at the right time in the right place.
I trust in Divine protection and guidance.
I trust to receive everything I need.
I have faith in my creator qualities.
I have faith in my qualities as a heaven bearer.
I have faith in the creation of heaven on Earth.

Feel your Divinity, feel how you are connected to the Divine goals and the Divine powers. Experience how everything flows with perfection. It is all so pure and clean and you will more and more be able to experience this in your life. Allow yourself to be guided by your senses and trust your senses. Create your own footsteps in the snow. You are in your own Mastery; have faith in your own strength and power. And so it is.



The strength is given to you,
the power is given to you,
the means are given to you
and the circumstances are given to you,
to be used.

The Hathors

Pillar of Djed

Chapter 20
Transforming in self-love

Dear heaven bearers, many of you have long been prepared for your assignment. We not only talk about this lifetime. Already many lifetimes and trainings were dedicated to it. You all have some important qualities in common: an inexhaustible tenacity, perseverance and inner strength.

You now enter an active time; we mean a time in which you transform the old to the new. This takes energy, and in return it will give you energy and also lots of joy.
Many lifetimes you have adapted to your environment, to others or to the circumstances. After all, you had to fit into the old matrix of the third dimension, the energy of Mother Earth. You became obedient and adaptive and your life was always dedicated to taking others into consideration. At first it were your parents who were in charge, then the school, then society and your partner, and maybe after that your work and/or your children.
Attention dear heaven bearers, it is time for a change. From now on you will not adapt to your surroundings, but you will actively adapt the surroundings to you. Yes, you heard that right, that is what you are meant to do. Maybe you have already started it; it is part of our story. Just like you design your field to your own ideas, you now start applying this in a vaster way to your surroundings and even to society. No longer will you adapt to your surroundings.
You are the active creators of the world around you. In a way the surroundings are an expansion of your fields. This is something quite different. It is fun, it is creativity, it is life.
Many may feel uncomfortable with the idea and wonder if this is possible or allowed. All of your life you have been trained to follow others. The right half of your brain has been paralyzed, your creativity

was stopped and your creative thinking has been silenced. Your creator qualities have not often been talked about. Instead you were told to do things the way others wanted them to be. So often you were ordered to do things, that it did not even occur to you that you could do things differently.
Today we tell you, that you are allowed to be the creator of your life. The only thing asked of you, is to create life in accordance with your Divine qualities and with lots of self-love. Create the world to the image of the God and Goddess of love. Create a world of love and respect, with abundance and joy, with faith and compassion, with freedom and equality. A world full of beauty, health and wisdom. A creation full of light and abundance. Many of you will realize that through this an entirely new world will arise. This new world takes shape energetically, over the old world as you know it.
Do you dare to believe this? You are the energy transformers. After all, everything is energy. Your thoughts, wishes and desires are followed by the energy, for it to be able to manifest in matter. Therefore, create on a basis of love and do it with joy.
We like to give you a few insights for your path. These insights are related to taking well care of yourself. This is the most important of all, because without good self-care and self-love, you cannot be a heaven bearer in action. Take responsibility for yourself, take good care of yourself. Nobody else is going to do this for you. You do it for yourself.

Make sure you have your own space, where you can withdraw, whenever you need it. Allow your body to rest and recharge here. In your own space you can better reconnect to your goals. For instance if you do not have your private space at work, then create your own energetic space to withdraw.

Drink enough fresh water to purify your body. Energetically you need fluid light to feed your cells. Before going to sleep you can

energetically put yourself on a drip and imagine for fluid light to flow through your veins, providing water, light and oxygen to all your cells and organs.

Look after yourself. Take care of your body, take rest and provide for peace in your heart. Make use of the in-between-time, for example when you have a few minutes free from work or when you are sitting in the bus et cetera, to be fully in the now, attending to yourself. Stay connected to your body and ground yourself in the new Earth energy. Connect to your heart.

Make sure to set a goal every day, to stay focused on your goal to design the new world. The goals can be simple, as long as you constantly keep the system going. This way you keep your attention on the transformation of the old and the designing of your new reality. Focus on your mission.

Make sure not to take on any unnecessary ballast of others. Regularly check your energetic baggage to see what's in it. Is it yours? If not, hand it over to the cosmos. Is it yours? Then ask if you need to learn something from it. Do you need it any longer? If not, release it in love.
Travel as light as possible through the new world. If you notice that other souls energetically hold onto you, tell them clearly that they can turn to Source and lovingly set them free. (Unless you consider these souls too defenseless, for example a child.)
Return all energy of others back to the others, and take back all of your energy, which may have been left behind at others.

Make sure to install an energetic switch within yourself; a light switch, and learn to use this switch. Do you notice that your light

was dimmed, use the switch to bring your light back to the higher level. This way you remain connected to the higher frequencies.

Look after your discernment. Most certainly you have experienced a lot of deceit in the third dimensional energy. You no longer want this and therefore you need sensors to indicate the way. Install sensors in your brain, alerting you when something isn't right. And listen to these signals.
Ask your guides and angels for the right insights, and have faith that you will be warned against lies, deceit et cetera.

Create an energetic power channel and place it behind your solar plexus. This power channel is always available for you, and whenever you need exceptional power, you can tap from this energetic power channel. This provides both physical power and energetic endurance.

Honor your self-recognition, praise yourself for who you are, for what you do and for what you stand for. Self-recognition is necessary for your existence. Self-recognition is valuing yourself and your being. Where is your self-worth located? In your belly? In your spine? Place it in the light and get yourself out of the shadow.

Make sure you are constantly connected to the love-energy. This is your manna, your nutrition, your connection to oneness. Realize that everyone is another you. The less judgment you hold, the more you can see the other as a part of the oneness.
Visualize connecting from the fourth chakra of the heart to the seventh chakra and see a golden thread to Source. Remind yourself daily of the love-connection and let the energy flow freely. Love yourself!

Take care of a good connection with your body, after all it is the vehicle moving you between dimensions. Regularly touch your body, tap parts of your body to stay well-connected to it.
Be aware that a healthy body is necessary to fulfil your assignment. Your body is the bearer of your light and of your soul. Support the body with enough rest and fulfilling nutrition. Your body slowly transforms into a lighter and more transparent vehicle. This may at times cause unpleasant reactions in your body. Surrender to it.

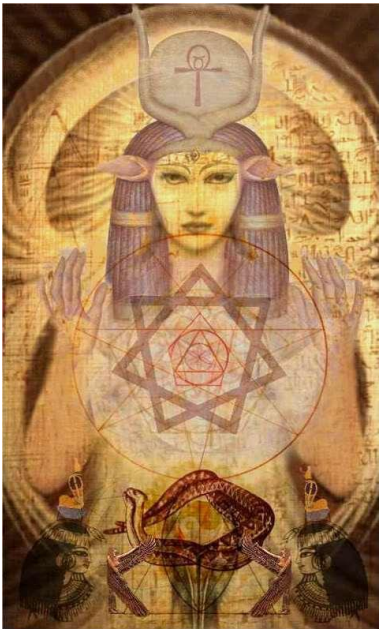
Maintain the connection with the Divine energy. Connect to God/Goddess. Connect to your higher self. Live from the Divine energies, live from your free spirit. Connect to your surroundings from your soul essence, and connect to the soul essence of others. Live your creator energy. Live your Divine assignment.

Take care of the connection to your brothers and sisters, living in the same new reality as you. Together you can ratify the new energies and together you can amplify powers. Appreciate everyone's contribution, the differences and the shortcomings. Add your own ideas and your own specific powers of creation. Together set your shoulders to the wheel: creating Heaven.

Take care of joy in you and in your field. Being joyful is the energy of the new world. Joy creates miracles and abundance. For example sing beautiful mantras every day. Or regularly listen to your favorite song. Dance, if this makes you happy. Watch a funny movie or read a book which gives you joy.

Take care of your heart-energy and keep it light-hearted in your environment. Do not take everything in life too seriously. Laugh over your own faults and simply start over. Joy creates your heaven here on Earth. This is your assignment. This is why you came to

Earth and this is why you resonate with our words in this book. Joy is experiencing the sun in your hearts, you are the hearts of the heaven bearers.



Chapter 21
Raised consciousness

Light is Growth.
Light is Knowledge.
Light is Nutrition.
Light is Joy.
Light is Healing.
Light is Abundance.
Light is Ascension.
Light is Purification.
Light is Renewal.
Light is Perception.

In this final chapter we wish to point out more profoundly, that the designing of your new field, and finally the new world, is founded on your raised consciousness. You can only design a new world if you constantly work on raising your consciousness. You already know that this is a never-ending theme. Every time you expect to have arrived at your destination, there is also the knowing that a 'small' raise in consciousness has happened and that there is much more to know and remember. It doesn't take away the fact that every step, even if it is a small step in your process, takes you to a higher level of consciousness. Your consciousness creates your reality. If you wish to change your reality, you will need to receive a new raise in vibration. As you have already gained many, many experiences with raising your consciousness, it is not unknown territory.
Your vibrational level depends on the degree of light and love you need to evolve and transform. Light is not just light, it contains information and knowledge, and it contains a certain power and vibration. Just like different colors of light hold different kinds of vibration.

The cosmos (photon energy), the sun (sunlight) and the Divine Source are the most important sources of information. The light and Divine energy come to you, when you connect to it and when you open yourself to it. As you know, sun energy is import to raise your consciousness and for your creator power. You also understand, why certain powers on your planet wish to keep the sun-energy away from humans; not all parties on Earth wish to see humanity raise its consciousness.
You may know that a lot is being done to diminish sunlight; think of the chemtrails, creating a grid in the air, allowing less sunlight to shine through. You are advised to wear sunglasses, even though most of the light is absorbed through the eyes. You are offered lotions blocking the sunrays and thus limiting the absorption of vitamin D, which is of huge importance for your health.
We do not recommend exposing yourself too long and unprotected to the sun. We do advise a well-balanced taking in of sun-energy; consciously connect to the sun. The sun is a conscious being as well, just like you, the earth and all other planets. The sun is programmed to send ever more light intensity to the Earth in this time. Many on Earth are being touched by this and many awaken from the old illusionary world. This old world was good as long as you could learn from it and as long as you perceived these experiences as new and valuable.
Currently you are only repeating your experiences in the old world of the Earth; it no more adds anything to what you now need. Therefore the old world has started canceling itself out in recent years. This is expressed in terrible lies, dramas, chaos and battles.
Since you, with your raised vibrational level, no longer vibrate on these lower energies, it is logical that the next step is the one of a new reality. The old reality is based on fears, pain, insecurity, despair, power and murder. A higher consciousness helps to raise above the old. You yourself create a reality, which supports you in your new loving experiences, in your new positive beliefs and in the new conscious application of your creator power.

To welcome the new:

You need to let go of the old, to create room for a more uplifting experience; the one of the new reality. Let go in love.

You need to be open to new energies, in the form of different ways of thinking, different ways of looking at things and different ways of dealing with experiences. It requires willingness to think outside of the old matrix, to let go of old beliefs and to reconsider old traditions and knowledge. Dare to change!

You need to have a certain level of flexibility. You need the courage and guts to be different than before. Be entirely you and step into your own authority.

You need to develop the qualities of being inventive and creative. Fantasy works from the right half of your brain, also inspired by the Divine.

You are the creators, the designers, the organizers, the artists of the new. You need to break through boundaries, you need the guts to be laughed at by your surroundings, you need the guts to be vulnerable and the courage to be an example for others.

You need to have broad interests. Never simply accept anyone's truth; not even what is written here. Research the truth, with your own discernment and be willing to adjust your own truth time and again. Be patient.

You have to be curious, dear ones, and you have to be open to renewed insights. Try to explore something new every day and be inspired by the new. See through your old truths, and see the new.

You have to let go of judgments, towards yourself and others. Take on your responsibilities and allow others to take on theirs.

You have to see the miracles around you, create them and be surprised by your own creator powers. Feel the miracle, be the miracle.

You need to collaborate with like-minded people. Give everyone the respect and space they need. Try to make others feel good. Appreciate yourself. Believe in yourself. Be happy with yourself and keep your heart open towards everyone, in every situation.

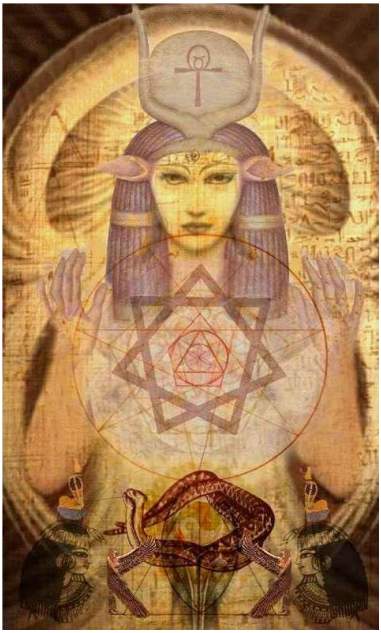
Your thought power and being open to inspiration, puts into motion your creator energy, allowing you to bring in the new.

You need to allow in the light and the knowledge. Gather new wisdom again and again, and apply it for your higher goal: creating the new world. Therefore place your higher dimensional field around you. Use the pyramid of creation, situated in your pineal gland. Connect to the wisdom of the Sophia-energy and the Divine qualities. Regularly visit the Halls of Amenti in your dreams or meditations. Use the codes and try to stay away from the drama of the third dimension. Use your language as neutral and pure as possible and add symbols.

We wish to thank you for your attention and for all the work you have already done. Your assignment isn't always easy, but always special. Your assignment as heaven bearers requires attention, as focus leads to the realization of your assignment. This assignment takes place from the intention you hold and it comes to you through the power of your thoughts. Everything you do requires balance and rest. Regularly, and at set times, allow yourself rest if you feel you need it.

To be able to fulfil your assignment, your light bodies need to be fed daily through the Light.
Dear heaven bearers, at the end of this book, we like to give you an exercise of light, which you can repeat daily or as often as you wish to.

We are very proud of you and admire your courage and perseverance.



EXERCISE OF LIGHT

I inhale Light,
to the center of my heart.

My heart fills with Light.
The Light accumulates here and expands.
The Light is blown to all my chakras
and to all my meridians.
I allow the Light into all my cells.
I allow the Light into my pineal gland.
I allow the Light into my entire physical body.
I allow the Light into my energetic bodies.
I allow the Light into my aura.
I allow the Light into my entire field.

I am fed and supported by the Light.
I am taught by the Light.
I am protected by the Light.
I am embraced by the Light.
I welcome the Light, to work
in me,
through me,
and around me
for the highest good of myself
and my surroundings.

I inhale Light,
to the center of my heart.

I am the Light.

Afterword of the Hathors

All our words in this book, written down by our messenger, are ratified by us, while you were reading the text. The messenger has applied our words already in the past two years and has gained some experience. Also through these experiences it has become a practise-based book. Grandiose in simplicity as it was meant by us. Every word is of importance, even if it feels like a repetition. Our gratitude for this is huge.
Again we wish to mention, that you can allow or deny our words from your own discernment. You are the heaven bearers; we and the entire universe have full confidence in your creator powers. Create the heaven to the image of all Divine qualities (see list at the end of this book), which you can further complete yourself.
You are our brothers and sisters, who have signed up for this mission of bringing Heaven on Earth.
You are never alone, so ask for the remembrance and ask for the answers. Ask us and your guides and angels to ratify your creator power.
With these words we wish to finish the book 'Heaven with Hathors'. We hope that through our words and through the energy we have connected to it, you can continue further on your path in the new reality. Everything you do, you do because you choose to. Together, take care of your own creations.

We greet you from our hearts, connected in Love and joy.

The Hathors

DEAR HEAVEN BEARER

Nobody
has the right to rule over you!

This means
that you are your own boss.
It means
that you take care of yourself.
It means
that you can decide your own path.
It means
that you can connect to the new.
It means
that you are a creator.
It means
that you are free
to create Heaven on Earth.

The Hathors

Afterword of Ariël, the author

The writing of this book, Heaven with Hathors, was again an adventure. Many exercises I have been able to experience and to apply in my life, so that I really consciously knew what I was writing about when the Hathors transferred the words to me.
This is the best way for me, as I feel that I like to write about something I understand and which I can stand for. This way I can also take on responsibility for the words in this book.
The visits of the Hathors and the experiences that were given to me, were miraculous, overwhelming and equally familiar. Their energy is gentle, never intrusive. When necessary, they gently pushed me, for example to release the second part of the book as free e-book. The timing is always in full perfection. The text could not be released before the solar eclipse of 20 March 2015.
Regarding time there is something else I want to share with you. I have experienced that when you are firmly placed within your field, time becomes fluid. An hour can then last much longer, or you may experience that time shrinks and goes much faster.
I have discovered the importance of regularly making sounds and to focus on my breath. For a while I took classes in soul singing and I have experienced it as extremely liberating. Through the self-produced sounds, we are able to vibrate loose and to transform our traumas or old stuck emotions.
Also working with color or colored crystals is healing and assists with certain stuck energies.
I regularly carry the codes (chapter 9) with me or I place them around my bed when going to sleep; it allows for your field to be confirmed during the night.
You can do everything in the way it feels right to you, or ask for the help of the Hathors. They are at your service!

It has been a joy for me to write this book for you, and for myself. What is written in this book, is my translation of what the Hathors have transmitted to me. I did this in my own unique way, without the intention to convince anyone with these words.
When reading the words in this book, use your discernment and only accept as truth what resonates with you in this moment.
The creation process of paradise continues ever further, and it is amazing how powerful your own thoughts are in this process. Be aware that your thoughts decide your world.
Something which looks old, can through the power of your thoughts be transformed into something new. Trust your intuition.

Finally, I want to wish you as much joy reading this by the Hathors ratified book, as I experienced over the past years through their company.

Written in servitude,
Lia-Ariël

Afterword of the translator

When I finished the translation of the book Healing with Hathors, I noticed I was writing that the translation of Heaven with Hathors would be available by the end of 2022.
Even though it was already September and I hadn't yet read the book, I did not question this intuitive knowing. I trusted that I would be guided to start the work at the right time. And so it happened.

I have translated this book to the best of my abilities and with the intention to do justice to the energy and message of the Hathors and the author. Throughout the process the Hathors assisted me. Whenever a chosen word wasn't entirely correct, they would gently whisper the right word in my ear or suggest me to look it up in a dictionary for better understanding. They also encouraged me to do research on the topics I was not yet familiar with. Their help has been extremely valuable to me.

Reading and translating this book took me on an inner journey, shaking loose what was outdated, creating ever more room for the new.

Wishing you an amazing journey too.
Enjoy creating (y)our Heaven on Earth.

In love and light,
Monique Teggelove

Egypt, November 2022

Divine characteristics

Abundance
All that is
Angels
Appreciation
Attention
Beauty
Being authentic
Being free of judgment
Bliss
Change
Cheerfulness
Clarity
Codes
Collaborating
Colours
Compassion
Complete
Connecting with others
Consciousness
Cosmos
Courageous
Creating
Devas
Dimensions
Discernment
Effortless
Energy
Essence
Eternal
Equality

Evolution
Extraterrestrials
Faith
Feeling
Flexibility
Flow
Forgiveness
Freedom
Frequency
Genuity
Gift
Gold
God
Goddess
Gratitude
Growth
Harmony
Having compassion
Health
Heaven
Heaven bearers
Honesty
Independence
Infinity
Integrity
Joy
Keeping balance
Knowing
Knowledge
Laughing
Letting go
Light

Love
Love making
Magic
Manifesting
Mastering
Miracles
Modesty
Music
Nature
Nutrition
Oneness
Originality
Openness
Paradise
Passion
Peace
Perfection
Pineal gland
Positive
Prosperity
Purity
Respect
Responsibility
Rest
Satisfied
Security
Self-love
Self-power
Serviceable
Sharing
Singing
Sounds

Source
Stability
Strength
Sun
Surrender
Symbols
Synchronicity
Synthesis
Tenderness
Thoughtful
Together
Tolerance
True to yourself
Truth
Unconditional love
Unicity
Water
Wisdom

Other publications by Lia-Ariël Hermans

Healing with Hathors

This book precedes Heaven with Hathors.
Free e-book Healing met Hathors published in Dutch in March 2012.
The English translation was published in September 2022.